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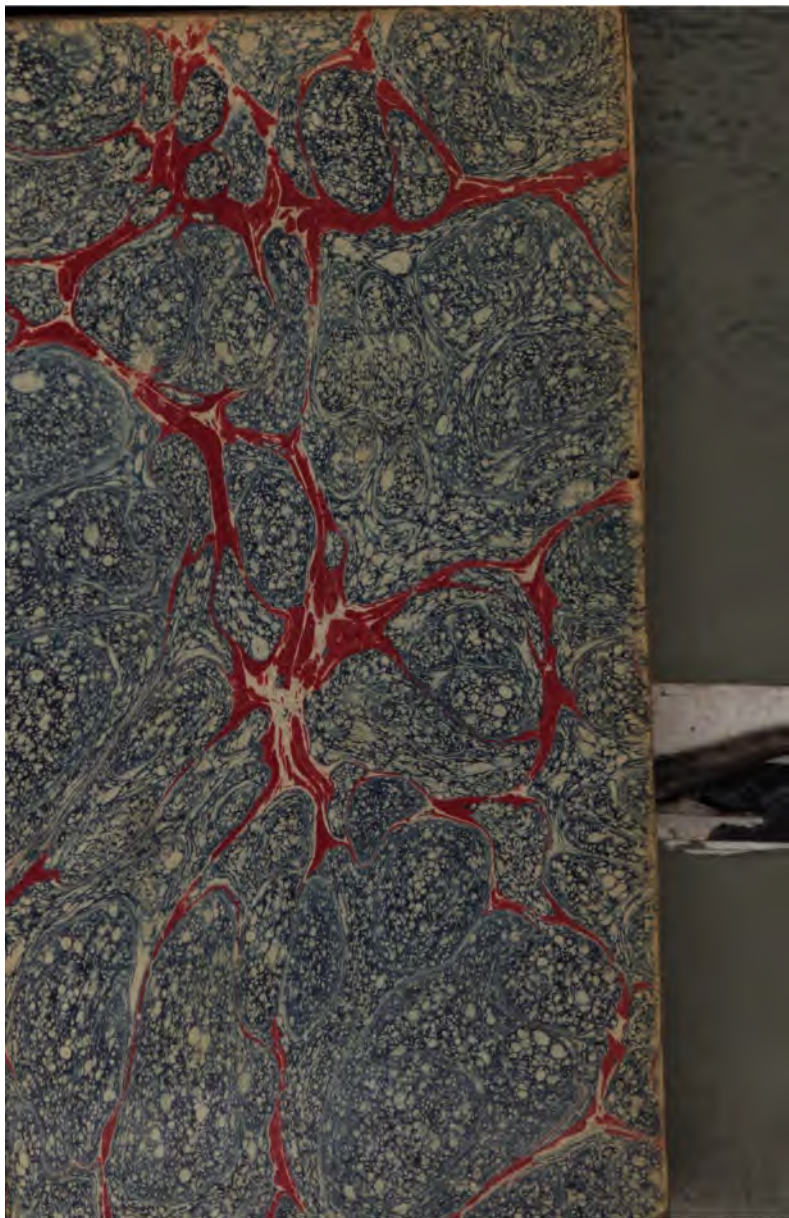
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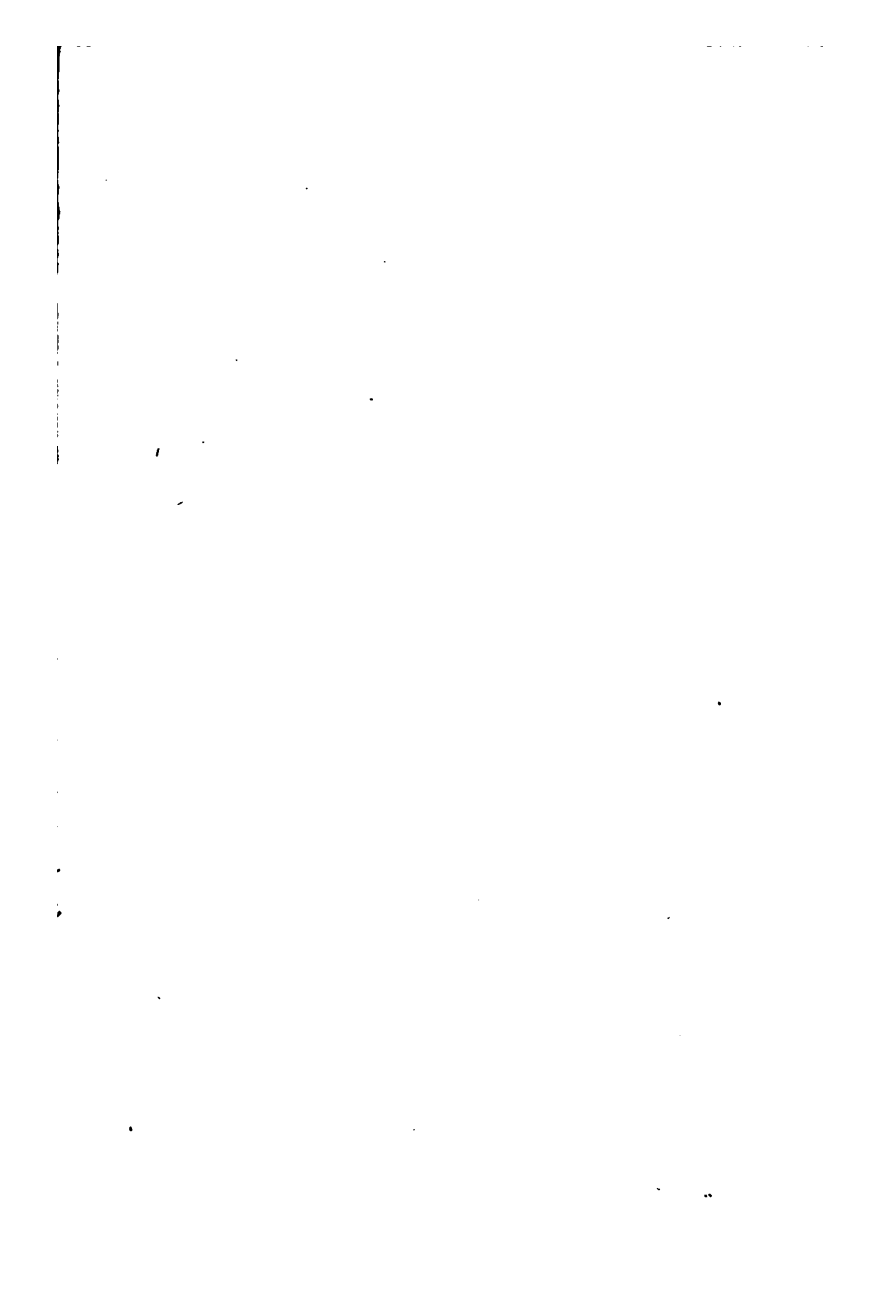
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NERVOUS DISEASES,
LIVER AND STOMACH COMPLAINTS,

Tox Spirits, Indigestion, Gout,

ASTHMA.

BY THE SAME AUTHOR.

Second Edition, price 2s. 6d.

ON SOME
IMPORTANT DISEASES
OF
FEMALES AND CHILDREN.

NERVOUS DISEASES,
LIVER AND STOMACH COMPLAINTS,
LOW SPIRITS, INDIGESTION, GOUT,
ASTHMA,
And Disorders produced by Tropical Climates.

WITH CASES.

BY

GEORGE ROBERT ROWE, M.D. F.S.A.

MEMBER OF THE ROYAL COLLEGE OF PHYSICIANS, LONDON,
AND OF THE ROYAL COLLEGE OF SURGEONS, ENGLAND,
ETC. ETC.



Συμνάσις ψυχῆς.—HIPPOCRATES.

From the impressions of the mind proceed the operations of the body.—LOCKE.

We cannot reasonably expect tranquillity of the nervous system whilst there is disorder of the digestive organs.—ASPERMEY.

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On the publication of the last edition, (fourteenth,) allusion was made to its more cheap and convenient form : the extraordinary sale of that edition, although its number was double that of any former one, justified the excellent suggestion of my publisher, and also supplied the continued demand for this book.

*Cavendish-square,
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TO

THE FOURTEENTH EDITION.

THE continued demand for this book has induced me to present it in a more convenient and cheap form. It does not appear necessary for me to enlarge upon the evils arising from improper indulgence in our appetites, and the uncontrolled restraint upon our passions, because I believe that "confirmation strong as proofs of holy writ" has been exemplified in the most convincing and satisfactory terms to the world at large; and, moreover, the retribution that necessarily follows the undue exercise of our mental or corporeal faculties has not only been experienced by its numerous victims and votaries, but the charms of temperance, activity, and virtue, have been portrayed in such glowing contrast, that I shall content myself by

merely alluding to those important truths, believing the adoption of them in a remedial point of view to be even paramount to the medical treatment of disease.

When this treatise first appeared, the attention of the Profession and Public had been but little directed to the prevalence and fatal results of that great scourge of humanity, INDIGESTION, and its concomitant train of diseases; and as their more perfect knowledge and successful treatment became evident, other writers embarked in this wide field of inquiry. Human existence has been prolonged, and many sad scenes, both of mental and corporeal suffering, have been lightened in their effects, and mitigated in their destructive influence over the various ills of our nature.

It is at all times hazardous to introduce personal allusions in a Work intended to meet the Public eye; but where truth and justice prevail, little fear need be entertained, and I therefore claim to myself the merit of at least having introduced this Essay when the subject had not

been previously discussed, and moreover in a form calculated to impress not only upon the minds of the professional readers, but the unfortunate sufferers from the diseases of which this Volume treats, the value and importance of diet and medical management.

To the Public Press I owe a deep sense of obligation for the uniform kind and flattering notices it has given of this work.

The extensive circulation of several thousand copies of this book, and the increased professional confidence I have enjoyed for many years, are flattering tests of its appreciation by the public, and the truth and utility of the doctrines it advocates.

PREFACE.

DR. SAMUEL JOHNSON, speaking of the profession of physic, describes it as "A melancholy attendance on misery, a mean submission to peevishness, and a continual interruption to pleasure." If such a remark was ever justifiable, assuredly it is not, in the present day, applicable to that enlightened profession, which relieves the misery and assuages the pains of suffering humanity. The professor of the healing art approaches the sick man's bed, not as "the melancholy attendant on misery," but as the messenger of hope and comfort; his office is regarded, not as "a mean submission to peevishness," but as a condescension of science,

in soothing and alleviating the distress and afflictions incidental to our frail nature. Instead of finding it "a continual interruption to pleasure," I have frequently experienced in its exercise a joy and satisfaction indescribable, when persevering skill and care had restored a beloved object to anxious friends, or a useful member of society to the duties of life.

It is, however, quite unnecessary to expatiate on the advantages of medical science, and its practical benefits to the world at large. It is a science which comprehends the perfection of human wisdom, applied to the personal comfort and vigour of man; and the practice exemplifies one of the divine attributes in relieving the sufferings of our fellow-creatures.

The subject of the present Essay may be gathered from the title-page. I aim at nothing more than to point out a regular and decided mode of treatment in the cure of the Hypochondriatic and dyspeptic diseases, consistently with the concentrated opinions of the most eminent men in the profession. In doing this,

I do not pretend to possess a knowledge superior to that of other practitioners, or attempt to subvert the usual systems of treatment of these prevalent maladies. My object is to communicate the result of long-continued application, carefully exerted in the investigation and consideration of these particular diseases in this and in other climates. Plain practical observations are first set forth, concerning the causes, the progress, and the different phases of these great disturbers of the health and state of the human frame : a course of treatment and remedies are next suggested, and proofs and illustrations offered in several of the most striking and interesting cases that have come under my notice.

I have, in the course of the Work, adverted to some of the remarkable sympathies and connexions between many of the important organs of the animal economy. It is true that the operations of nature are often involved in obscurity ; many of them are unaccounted for, and are only known to exist : yet it is essential, in the management of disease, that medical

practitioners should be apprised of the existence and certainty of these phenomena, although their causes cannot be ascertained. *Sufficit si quid fiat intelligamus, etiamsi quomodo quidque fiat ignoramus.*—CICERO.

I have cautiously refrained from entering too largely into physiological detail; my aim has not been to establish new principles in medical science, but simply to present to the Public the results of *thirty years' practical observations and experience*; and although I am conscious of my fallibility and imperfections, I feel satisfied that the opinions which I have expressed will be borne out by the concurrent testimony of the enlightened members of our profession. It is also most grateful and satisfactory to perceive that the principles here laid down and illustrated, coincide with, and carry out to an increased extent, those valuable and important doctrines first promulgated by my great master and lamented friend, the late John Abernethy.

The experience which my practice in dif-

ferent parts of the world afforded, induced me to observe most closely the nature and progress of complaints so frequently occurring under varied appearances; and while I would earnestly impress on the minds of practitioners in general, the necessity of attending most strictly to the minutiae of the case, I would admonish the invalid against the employment of empirical nostrums, daily offered as specific remedies; and against indulgence in spirituous and fermented liquors, and other such stimulants, which surely, though it may be silently and secretly, feed and increase the disease.

Hence, in detailing the diet and regimen to be observed, I have dwelt most particularly on the advantages accruing from regular and temperate habits of life; for these must be regarded as our grand coadjutors in promoting health, and in annihilating disease, which is principally caused by neglect of them. Such habits, viewed either in a moral or physiological light, carry with them conviction of their rectitude.

More than thirty years have elapsed since the first publication of this work: an enlarged field has been opened for the suggested treatment of these disorders: my opportunities for investigation and proof have of course increased, and from these I am enabled unequivocally to confirm the efficacy of the treatment herein recommended. Indeed, since the appearance of this little volume, the principles which it advocates have been corroborated by many of the most eminent members of the Profession, in other countries as well as in this. Of these, Dr. Paris, Dr. Wilson Philip, Dr. J. Johnson, Dr. A. Combe, Dr. Beaumont of the United States, and Professor Müller of Berlin, deserve especial notice.

I have introduced Dr. Beaumont's valuable remarks on dietetic economy; and have readily availed myself of his valuable and important experiments in elucidation of the digestive process. I rejoice that the labours of that distinguished philosopher have been so beneficial in establishing a dietetic system, which must remove many prejudices, and secure to invalids

a plan well calculated to promote their restoration to health.

Indigestion is justly designated the fruitful source of most of the ailments and diseases which afflict human nature ; and when its various causes are considered, involving our contradictory and preternatural modes of life, no doubt can be entertained of the importance of a sound remedy, not only in removal of disease, but in the preservation of restored health. Some of the Cases will be found referring to Liver and Stomach complaints; additional proofs of the prevalence of these distressing maladies. Several cases of Asthma have lately come under my notice, and I have introduced a few remarks on the treatment of that disease. Similar remarks, at a greater length, have been introduced on Gout; these may tend to throw a new light on the subject, and are calculated, I trust, to mitigate and relieve, if not to remedy, this distressing malady. Another class of diseases has also lately been more strikingly submitted to my care, viz., those resulting from the effect of Tropical climates on European

constitutions : and never were the effects of the restorative principles of diet, regimen, and the mild alterative system more satisfactorily evinced than in the case of Indian invalids.

I hope that the various Cases, added in the later Editions, will (simple and humble as they may appear,) be deemed by my medical Brethren of sufficient importance to claim their attention ; and that the public generally will be convinced that many of those formidable maladies, which prove so destructive to human happiness, can generally be mitigated, or altogether removed, by a simple and rational treatment. Many cases must necessarily have occurred in my practice, when every remedial measure was tried in vain ; but such details would not benefit science so much as they might alarm nervous invalids, and therefore I have purposely abstained from introducing them.

The flattering notice with which "*The Times*" honoured this Work was most gratifying and encouraging to me. It contained, however, a

misconception with regard to the time of its first publication, in stating that "it comprised much which had already been laid before the Public by Dr. W. Combe, and other medical writers." Without the slightest idea of detracting from the well-merited esteem in which these Authors are held, I beg to state that the First Edition of this Work appeared in 1820, at which time neither Dr. Combe nor any other Medical Writer of the present day had introduced the subject to the Public.

*Cavendish-square,
London.*

ON
NERVOUS DISEASES,
ETC., ETC.

CHAPTER I.

LOW SPIRITS.

THE connexion existing between bilious and nervous diseases, and the generally received opinion of their dependence on each other; render any observations on maladies so prevalent always highly interesting; and useful such observations must be, if they only conduce to excite the attention of others in the profession, more capable of explaining the nature of the diseases, and thus lead to a discovery of the most proper remedies. Happily for mankind, since the appearance of these observations

(thirty years ago) many valuable and important investigations have taken place;* the disease has been much mitigated, the formidable train of symptoms ameliorated, and melancholy results, heretofore too frequently fatal, skilfully averted.

The term "nervous" may be applied, in a general point of view, to every disease that affects the human body, which is always more or less dependent on nervous excitability; but in the modern professional acceptance of the word, the epithet is more strictly applied to that class of diseases in which the nervous system is immediately and principally interested.

Now, as all nervous energy must be supposed to originate in the regular and healthy formation of blood, which the great sympathy between the nervous and sanguiferous system evidently denotes, it is just to infer that those organs principally interested in the assimilation of food, must be considered as the incipient causes of vitiated nervous sensibility; it will, therefore, be my aim to select such instances as physio-

* *Vide* Dr. Wilson Philip; Dr. Paris; Dr. J. Johnson; Dr. Combe; Dr. Beaumont, of the United States, &c.

logical and practical observations will amply justify and clearly demonstrate.

“The influence of the stomach in the animal economy is greater than is perhaps generally imagined. It not only contributes to the digestion of the aliment, but the whole system is either invigorated or affected with a languor, according to the different dispositions of the nerves. By proper food, the nerves of the stomach are gratefully stimulated, and the whole body is thence enlivened and strengthened ; so that, besides its use for nutrition, food in the stomach becomes, on account of its stimulus, altogether necessary in some delicate nervous people for keeping up the strength of the body and the due exercise of all its functions; and hence it is that such persons become faintish as soon as the greatest part of the food has passed into the intestines.”*

The sudden effect from mental impressions are evinced by the fact that certain fears or affections excited in the mind are frequently accompanied by corresponding sensations in the body; thus, seeing another vomit will often

* Whytt on *Nervous Diseases*, p. 255.

cause the same effect on the spectator; the recital of tales of misery and woe will stimulate the lachrymal glands to pour out tears in greater abundance; and it was observed by Hippocrates, that the unexpected sight of a serpent immediately causes the countenance to turn pale.* Among other instances of this peculiar species of sympathy is that of yawning being so generally communicated to persons in the same society. Now, these effects must be attributed to the changes made on the *sensorium commune*, by the mind or sentient principle.

When the stomach is disordered, languor, debility, restlessness, and impatience are the consequences.† The great sympathy between this organ and the skin is manifested by the eating of shell-fish, which will, in some peculiar

* Lib. de Humoribus.

† “The stomach being misaffected, which he calls the King of the Belly, because if he be distempered, all the rest suffer with him, as being deprived of their nutriment, or fed with bad nourishment; by means of which come crudities, obstructions, winde, rumbling, griping, &c.”—Burton’s *Anatomy of Melancholy*, Part I., sec. 2, memb. 5, sub. iv.

habits, produce a violent eruption; the external application of cold in fevers occasionally excites vomiting; and thus also worms, lodging in the coats of the stomach, by their irritating powers on its nervous sensibility, cause convulsions in the whole frame.

Nothing produces more surprising changes on the body than the affections of the mind; and when we consider that the action of the heart is greatly accelerated, and nervous energy preternaturally diffused by fits of anger, we see clearly demonstrated the unity of action between the arterial and nervous systems. It is but reasonable, therefore, to suppose, when the circulation is languid, that general debility will be the result, and when stimulated, the contrary.

The contractile state of the pupil of the eye, when light is unexpectedly and offensively admitted, and the increased secretion from the lachrymal glands, when any irritating substance is applied to the eyes, are decided and manifest convictions of that principle of self-preservation which so conspicuously displays itself in all the functions of the animal economy, by getting rid of something prejudicial to the due performance

of the peculiar office, and must be attributed to that connexion between the mind, or sentient principle, and body, which animates our whole frame. Yet, even in some instances, these efforts to prevent the accumulation of morbid matter are productive of serious and fatal consequences; their impetuous and irritating powers too violently affect the constitution; still these efforts are sometimes productive of utility, even as we often cherish things and habits which might ultimately tend to the destruction of life.

The peculiar sensation of hunger is among those phenomena of nature, which are as yet unaccounted for. "The cause which excites appetite is an impression made on the nerves of the stomach; but the feeling itself is experienced in the brain, to which that impression is conveyed."* By way of illustrating the influence which the nervous or living principle has in counteracting the corrosive qualities of the secretion of the stomach, the following well-authenticated case might be mentioned.† A

* Combe.

† Observations of John Hunter and Spallanzani.

criminal, immediately before his execution, had eaten a hearty meal. On dissection, when the abdominal viscera came under examination, it was found that the stomach itself had undergone the same changes as its contents; clearly proving that this potent secretion (for the purpose of digesting the alimentary matter contained in the stomach) had been excited, but, by the vital destruction of the organ, it was deprived of that mysterious protector, which would seem to indicate, "thus far shalt thou go, but no further."—"My impression is that the sensation of hunger is produced by a distension of the gastric vessels, or that apparatus, whether vascular or glandular, which secretes the gastric juice, and is believed to be the effect of repletion by this fluid."*

The singular sympathies and connexions in the animal formation, as well as the wonderful faculties of reason, memory, imagination, reflection, judgment, &c., so remarkable in man, and by which he is so eminently distinguished from the brute creation, must be referred to the brain, as the medium or instrument by which they

* Dr. Beaumont's *Theory of Hunger*, page 47.

emanate; but the manner in which the will is conveyed to the brain, or how sensations are excited in different parts of the body, remain involved in mystery:* yet contemplation on this grand and sublime mystery, duly and seriously exercised, will surely preponderate over the hypothetical opinions which materialists adduce of the non-existence of a Supreme Being; and however hidden it may at present remain, yet future ages may perhaps develop the awful and omnipotent source.

The nerves are subject to the same diseases as other parts of the body; they may become inflamed or irritated, and their sentient powers may become either too acute, obtuse, depraved, or entirely deficient, as in cases of Paralysis, Hydrophobia, Hemiplegia, &c.; but as I intend to confine myself particularly to those species of nervous disease which are denominated Hypochondriasis or Low Spirits, and Dyspepsia or Indigestion, I shall forbear to make any remarks

* "The Author of Nature is perfect in all His works; and although we may not understand all the operations of His hands, we are compelled to acknowledge their wisdom, propriety, and beauty."—*Beaumont*, page 47.

on others, as the subject would require a much greater latitude than the present work is intended to comprise.

In describing the symptoms of Hypochondriasis, or, as it is usually termed, "Vapours, or Low Spirits," I shall not enter into an enumeration of all the morbid changes, but content myself with the most common and remarkable; for, as the learned Sydenham remarks, the variations of the hypochondriac and hysteric diseases are only to be equalled by the shapes of Proteus, or the colours of the chameleon;* in fact, in a greater or less degree, they become intermixed with almost every chronic disease to which the human body is subject; and, as the celebrated Dr. Mead has justly observed, "*Non unam sedem habet, sed morbus totius corporis est.*"†

The following are among its most common indications. Want of appetite, indigestion, debility, faintness, and sense of great sinking, and fulness at the stomach; flatulence in the intestines, acid eructations of wind, nausea,

* Sydenham, *Opera, Epistol. ad D. Cole.*

† *Monita et Præcepta Med.* cap. xvi.

and frequent vomiting of dark fetid liquor; pain and spasms extending across the epigastric region; great depression of spirits, impatience, and anxiety; clay-coloured evacuations from the bowels, sometimes in a relaxed, at others in a costive state; hæmorrhoids or piles, and frequent discharges of blood; flushings of heat, and cold shiverings over the whole body; pains in the back and shoulders, spasmodic affections of the muscles; tremblingly alive to a sense of danger;* restlessness and want of sleep, sudden startings on the slightest unexpected noise; frequent sighing, a sense of great oppression about the region of the heart, with violent palpitations; the skin is dry and constricted; tongue furred, and an unpleasant taste in the mouth; fœtor of the breath; tremors, more particularly when

* Cum a casu aliquo graviore molestum, patitur humana anima ataxiam concipiunt animales spiritus. Urina subinde limpidissima copiose excernitur, sanitatis recuperandæ spes omnis protinus abjicitur, et tristissima quævis sibi ominantur ægrotæ.—Sydenham, page 570; *De Affectione Hypochondriacâ*.

the stomach is empty, with frequent yawning ; pains in the head, with frightful dreams and hallucinations ; pulse irregular and intermitting ; giddiness and confused noises in the ears ; vision frequently obstructed and imperfect ; impaired memory, wandering and unconnected thoughts, want of resolution, considerable difficulty in being roused to either mental or corporeal exertion ; former occupations, which were regarded with pleasure and satisfaction, now become tedious and irksome ; and many other symptoms which it would be tedious here to enumerate.

There are but few patients who, after having been afflicted with these symptoms for any length of time, do not fall into a state of melancholy, madness, apoplexy, dropsy, phthisis pulmonalis, or some other fatal disease, unless timely aid is had recourse to ; and this, in the early stage of the disease, is generally to be attained by that mode of treatment to which I shall hereafter refer.

The leading causes of Hypochondriasis will next come under consideration : these are va-

rious, but the general ones must be attributed to morbid derangements of the liver* and stomach,† glandular obstructions of the alimentary canal; intense study; mental disquietude; immoderate and luxurious living; sedentary and inactive occupations; inebriety frequently indulged in: and *in libidine veneriâ excessus*.

These conjoined, in a habit predisposed to nervous excitement, which is strongly indicated by a peculiar melancholic temperament, sallow complexion, thick impending eyebrows, coarse moist hair, are to be denominated the primitive and most potent symptoms of this afflicting malady.

And here I would allude to the numerous lists of patients who have passed under my notice from among gentlemen of the legal pro-

* "The weakness of the liver and his obstruction, a cause, *facultatum debilem jecinoris*, which he calls the mineral of melancholy."—Burton's *Anatomy*, Part I., sec. 2, memb. 5, sub. iv.

† "There is no doubt that low spirits, melancholy, and disturbed sleep often proceed from a disordered state of the stomach.—Whytt on *Nervous Disorders*, page 318.

fession; clearly evidencing that, where corporeal exercise has not been used as a principal auxiliary to stem the morbid effects of an overstretched mind, the most formidable attack of Hypochondriasis is too frequently the result.

I would also refer to another class of persons, whose juvenile indiscretions have established in them a peculiar morbid sensibility of the nervous system; and it has been for several years past a most painful part of my duty to witness the sad destruction of vital energy—the gloomy and torpid state of the mind—the pallid countenance, the heated skin, with patches and blotches on its surface—the vitiated state of stomach, with general constipation of the bowels—the loss of memory, imperfect vision, and general constitutional derangement, that many young men have entailed upon themselves. This I believe to be one of the most aggravated forms of the hypochondriac disease, and requiring more than ordinary management, as well as considerable time, in its mode of cure; as it must be evident that a disease, involving as this does by gradual means every important organ in the human

frame, and thereby impairing all their secretions, demands the utmost vigilance of the medical practitioner, and the steady perseverance of the patient.

In pointing out the most efficient remedies, it will be necessary to state the objects which they are intended to accomplish; and the following rules are to be adopted as the most rational principles of cure, which I shall define or distinguish as the mental and corporeal:—

1st. The nervous system, being deprived of its energy, requires a powerful stimulus to remove the consequent torpor and gloomy state of the mind.

2nd. The constant indolent and morbid action of the gastric and biliary organs, demands the greatest exertions to promote a due and healthy performance of their various functions.

In order to accomplish the first of these objects, the following directions are recommended: change of air and exercise,* cheer-

* “Many people who are extremely irritable and hypochondriacal, and are obliged to take medicines to regulate their bowels whilst they live an inactive life, no longer

ful society, travelling, indulgence in some favourite sport, as hunting, coursing, shooting, gardening, a sea voyage, or any employment that will withdraw the invalid's attention from that proneness of mind which is cherished in contemplating the danger arising from the disorder. The management of the mind is to be regarded as of the greatest consequence; and every attempt to persuade the unhappy sufferers that their apprehensions are imaginary or unfounded, must be avoided; therefore, compassion and kindness, with every possible attention to their feelings or wants, must be substituted for ridicule or reasoning.

In recommending hypochondriacs to adopt change of scene and exercise in the open air, I consider it quite unnecessary to take Continental tours; for I believe that of all climates in Europe, England seems to be most capable of engendering habits of activity in the mind, and little calculated for repose. Sir

suffer from nervous irritation, or require aperient medicines, when they use exercise to a degree that would be excessive in ordinary constitutions."—*Abernethy's Surgical Works*, vol. i. page 91.

Humphry Davy remarks, "The alterations of the climate of England, so various and rapid, continually awaken new sensations; and the changes of the sky from the blue æthereal to clouds and fogs, seem to keep the nervous system in a constant state of excitement. In the cheerful and tumultuous atmosphere of England, to be tranquil is a labour, and employment is necessary to ward off attacks of *ennui*."

In describing modes of cure, general rules only can be advanced, as the various symptoms in this, as well as other diseases, prevent the suggestion of specific ones; and having now stated those mental remedies, I shall next proceed to consider the corporeal.

The sympathy between the stomach and brain, which has been noticed, as well as the important changes the digestive organs have to effect in the decomposition and assimilation of nutritious matter, and the too general indulgence in the luxuries of the table, afford sufficient reason to suppose that the seat of this disease must, in some measure, be referred to the vitiated secretion and imperfect functions

of the stomach,* and suggest that particular attention ought to be paid to the matter conveyed into it. Light animal food must be preferred to vegetable,† as being likely to occasion less acidity; milk, as requiring less digestion; boiled fish, or white-fleshed poultry, custards, bread-puddings made with eggs, boiled rice, light French bread; and every substance containing fatty or oily matter, as butter, rich soups, &c., must be avoided. The drink should consist of light French wines, in small quantities: the good effects of wine thus used seem not altogether to have been unknown to Celsus, who tells us, "*Si quis vero*

* "When the stomach is in a sound state, and digestion is properly performed, the spirits are good, and the body is light and easy; but when that organ is out of order, a languor, debility, melancholy, watchfulness or troublesome dreams, the nightmare, &c., are the consequences."—Whytt on *Nervous Diseases*, page 11.

† "As a general rule, animal food is more easily and speedily digested, and contains a greater quantity of nutriment in a given bulk, than either herbaceous or farinaceous food."—*Dr. Beaumont's Experiments*, page 301.

stomacho laborat non aquam sed vinum bibere jejunos debet.”* Wine in general is preferable to malt liquors, as being lighter, less apt to ferment, and less flatulent: tea and spirituous liquors must be avoided.

Experience, which is the best test in all medical dissertations and inquiries, induces me to make the following remark:—In recommending wine to some individuals, I have found it too stimulating for their constitutions, and have substituted the present modern improvement in malt liquor, termed “pale ale;”† and,

* *De Medicinâ*, lib. 1. cap. viii.

† Since the appearance of the last edition of this work the public attention has been much excited by the reported adulteration of “*Pale Ale*” with *Strychnia* (the essence of *Nux Vomica*), as a cheap substitute for hops. After careful examination, I deemed it my duty to represent the gross injustice done to the present eminent brewers of “bitter beer,” by stating that I had prescribed it for the last twelve years for invalids with the greatest advantage. I also pointed out a simple mode of ascertaining its purity, as, if strychnine, quassia, gentian, camomile, or any other drugs, are used in the manufacture of beer, they produce a lingering pungent taste upon the tongue quite distinct from the aroma of the hop,

I may venture to assert, with the most salutary results. The malt liquor, when properly prepared, contains a large quantity of farinaceous nutritive matter, and a less proportion of spirit; while the hop, by its tonic and narcotic properties, tends to give strength to the stomach, and to allay its nervous irritability.

I may also here bear testimony to the beneficial effects of the Rhenish and dry and light wines, as they combine an acid with the alcohol: and, therefore, while they impart a degree of comfort and gratification to the dyspeptic, they do not produce heat or headache.

In some patients it may be found necessary to substitute brandy diluted with water; and this will be expedient in those who have been long accustomed to the stimulating effects of ardent spirits. In such cases the quantity must be gradually diminished; for it will be in vain to hope for improvement in the morbid sensibilities of the brain and stomach, while

which is grateful and refreshing to the palate. These opinions of mine, which have been reported by the public press, have since been confirmed by two eminent professors of chemistry.

such a preternatural state of excitement is maintained.

Haller, in his *Physiological Lectures*, observes,* “never use milk, soups, beer, or other liquors made hot, for this is preternatural to man, as well as to all other animals, and by relaxing the nerves of the stomach, heart, diaphragm, and other adjacent viscera, is productive of numerous diseases in those who have them already weak; much less scalding tea, which many drink hot enough to fetch the skin off a delicate finger.”

Now, as this disease may be considered as arising from deranged condition of the stomach, rather than debility, any measures likely to improve the former, without adding to the latter, are to be regarded as among the most beneficial. Immersing the body in cold water, and afterwards rubbing it dry with flannels; early rising, and the hours of bed-time gradually reduced; more particularly if the patient does not sleep. The situation for residence should be selected as being high, or hilly, on a chalky or gravelly soil.

* Vol. ii. page 341, *Mihles’ translation*.

Having thus far very briefly considered the *mental* and *dietetic* treatment of this disease, I shall next proceed to the discussion of the benefits to be derived from the *medical*, and endeavour to point out that particular mode of treatment which I conceive to be best adapted to the cure, due attention being of course paid to the various exciting causes. First, I beg to observe, that, as it is generally in the power of medicine to relieve, so it is frequently beyond its power to annihilate this disease altogether, although it may admit of the greatest palliation; and, under the most favourable circumstances no permanent benefit can be expected to be derived, without a steady perseverance in a course of diet, medicines, and exercise.

The remedies which my experience confirms to be the most proper, will perhaps be illustrated by the following enumeration of particular Cases.

CASE I.

A GENTLEMAN, aged 32, of a melancholy temperament, was attacked with violent pains in his head ; difficulty of respiration, and sense of fulness about the region of the stomach ; which had continued at intervals for several months. When he applied to me, his appetite was much impaired ; tongue furred, with an unpleasant taste in his mouth, particularly in the morning ; an uncommon sense of heat or cold in different parts of the body, sometimes suddenly succeeding each other ; great despondency ; wind in the stomach and intestines, with sour belchings ; nausea and frequent vomiting of black fœtid matter ; a sudden and great flow of pale urine during the night ; pulse quick and full ; restless and disturbed in his sleep, with violent palpitations of the heart. I ascertained that the evacuations from his bowels were sometimes black, at others clay-coloured. Considering that his disease originated from the imperfect secretion of bile, and

the general derangement of the chylopoietic viscera, I directed my attention to what I imagined to be the most important object, viz., that of endeavouring to obtain a due and healthy action of the digestive organs: I therefore immediately prescribed a dose of mercury, and an aperient draught.

The discharge from the bowels, by the operation of these medicines, was composed of slimy clay-coloured matter, without the appearance of bile, accompanied with a considerable degree of tenesmus. I then prescribed small and debilitating doses of mercury, with gentle aperients, recommending the most plain and simple diet, with plenty of air and exercise: and, as the secretion from the bowels became more and more tinged with a proper admixture of bile, I found the symptoms gradually disappear, and in a few weeks he was perfectly restored. About the same time, he was attacked with a recurrence of the preceding symptoms, although in a much less degree; but by a regular and persevering attention to a similar plan, was again perfectly re-established in his health.

A review of the above case clearly demon-

strates the unity of action between the secretions of the animal economy ; as a derangement of any of them evidently produces the same affection in the others. The furred state of the tongue and impaired appetite, the appearance of the motions and black vomiting, were convincing proofs that morbid derangement existed in the alimentary canal ; whilst the despondency of mind, and profuse discharges of pale urine, evinced that the nervous system was labouring under extreme agitation, and that the secretory vessels of the kidneys were thrown into stronger and quicker alternate contractions ; and moreover, as perspiration is often impeded by the operations of the mind, the aqueous part of the blood was determined more to the kidneys. The medicines, by gradually removing the glandular obstructions from the *prima via*, and inducing a due performance of their various functions, prevented those parts sympathizing with them in their morbid sensibility ; and consequently effected the cure.

CASE II.

A MIDDLE-AGED Gentleman, who had been subject for several years to many of the distressing symptoms of Hypochondriasis, as severe headaches, indescribable anxiety of mind, trembling and palpitations on the least exertion, and who, in vain, had tried many approved remedies, made application to me. His case was truly pitiable. He had made use of various empiric remedies which are daily offered to the public as infallible, and innocent in their composition, although they contain drugs of the most pernicious nature, and so far from being an antidote, become a powerful auxiliary to the rapid progress of the very disease which they are warranted to cure. By these, his symptoms were not only augmented, but others of a still more alarming nature were induced; the stomach was rendered so irritable as to reject almost everything taken into it; and on examination of the right hypochondrium, I found a considerable enlargement and induration of the liver; his despondency was so ap-

parent in his countenance, that his friends were apprehensive for his safety. With giddiness there was great dimness of sight (without any apparent defect in the organs of vision) and determination of blood to the head; considerable oppression in the region of the heart, accompanied with frequent sighing. This was his melancholy condition when I was requested to take him under my care. I immediately directed him to abstain from tea, and other enervating liquids; and prescribed leeches to the epigastric region, and saline medicines, with gentle deobstruents, which moderated the violence of the urgent symptoms, and rendered the stomach capable of retaining light food, &c. I then recommended the same plan as was pursued in the case before mentioned; by which his mental perturbation was allayed, his appetite improved, his tongue became clean, and his bowels regular, their secretions gradually assuming a more healthy appearance; so that, after vigilant attention, I had the pleasure of finding all the distressing symptoms he complained of yield to the remedies which had been suggested.

CASE III.

A GENTLEMAN, aged 60, applied to me. He stated that he had been attacked for several years with violent pains in his stomach, with a sense of fulness and frequent spasmodic affections in different parts of the abdomen; irregular evacuations from the bowels, and deficient in quantity; periodical headaches, which, on taking an emetic, were always relieved by vomiting a dark foetid liquor, resembling the grounds of coffee. His appetite was bad, at other times attended with an inordinate desire for food; great dejection of spirits; his countenance peculiar in its appearance, indicating a constitution much harassed and weakened by illness; and, indeed, all that melancholy train of symptoms which so clearly distinguish the hypochondriac disease. I therefore could not but attribute these derangements of health to the morbid influence of the digestive organs; and, as he then complained most of nausea, I prescribed an emetic, not only for the purpose

of ridding the stomach of any offending matter, but of ascertaining the character of its contents, which were fœtid and dark-coloured. I recommended him to take the same remedies I had adopted in the other cases; but, as he complained of violent spasms in the stomach, I directed an antispasmodic draught with opium.

This, evidently, had the effect of affording him relief. I then placed him on the same system of regimen, air, and exercise as before recommended, by which his health became much improved, the bowels more regular, and the fæces coloured with a healthier bile. He continued recovering till the September following, when he was induced to pay his annual visit to a favourite watering place; considering himself on the eve of recovery, and that such an excursion would materially tend to establish it. He returned about a month or six weeks after, when he sent to me in a hurry, intimating that he had such severe pains in his head, accompanied with violent pulsations, as almost to raise it from the pillow, and was under apprehension it would terminate in apoplexy. On my arrival, I found his descrip-

tion correct. His pulse was exceedingly full and quick; tongue furred; and I ascertained his bowels had not been relieved for three days. I immediately ordered leeches to be applied to the temples, and directed eight ounces of blood to be taken from the arm, with great benefit. I then ordered the bolus and draught, as prescribed in the first case, which succeeded in procuring three or four evacuations, with the same unhealthy indications as before. The next morning I found him much relieved; he had had a few hours' sleep; his pulse was less frequent, and softer; the pains in his head had ceased, and there remained nothing of those affections but a sense of tenderness on motion. He complained of nausea; and considering it might be occasioned by the medicine, I directed the saline effervescent draughts to be taken regularly every three or four hours. Next day, on visiting him, the nausea continued; I therefore ordered an emetic, conceiving that there might be a collection of matter lodging in his stomach: the event justified my apprehension, as he vomited nearly two quarts of the same liquor, resembling coffee-grounds, as before. I

then prescribed a draught, with æther and opium, by way of allaying that excessive nervous irritability he now laboured under.

The next day, to use his phrase, "he was his own man again." I then inquired more particularly as to his mode of living during his tour, as well as whether he had confined himself to the regimen I had suggested, and the occasional use of the medicines I had prescribed for him ; when he informed me he considered himself so much better, that he neglected the exact performance of the rules I had laid down, and, until a day or two before his return home, had felt himself quite well. He was now so much convinced of the benefits to be derived from a regular prosecution of the system recommended, that, by a steady perseverance in it, he has continued, with very little intermission, quite restored to health.

CASE IV.

A MIDDLE-AGED Man, by whom I was consulted respecting his case, informed me that his spirits were exceedingly low and depressed, and he had not been well for some months. He complained that his appetite of late was much impaired ; his bowels were in a costive state ; his flesh was wasted and flabby ; his pulse feeble and frequent ; and his general demeanour languid and irritable. His tongue was covered with a dark brown crust ; his nights were restless and disturbed by frightful dreams, and, in the morning, he awoke tired and unrefreshed. He had pain in different parts of the body, suddenly removing from one place to another ; giddiness upon rising up hastily ; and objects frequently appeared to him double. He was also troubled with cramps and convulsive motions of the muscles ; a sense of heat and irritation in the neck of the bladder and urethra, with frequent desire to make water, and great discharges of limpid urine ; sudden flushings of

heat over the whole body, shiverings, and a sense of cold in certain parts, as if water were poured upon them, succeeded by an unusual glow. The functions of the digestive organs, which were so manifestly deranged, and which, doubtless, were the primary cause of his disease, required every energy on the part of the practitioner to restore them to a healthy state; therefore I prescribed for him alterative doses of blue pill and rhubarb, with occasional doses of Epsom salts, manna, and infusion of senna; and to pursue the regimen I had suggested in the preceding cases. In the course of a short time the symptoms were considerably alleviated, his appetite much improved, and his nights more tranquil and refreshing; still he complained of excessive languor and debility, with great disinclination to engage in his former occupations. I now ordered him to take two glasses of port wine daily, and persevere in the course of medicines prescribed; but his bowels being too much relaxed, I omitted the *magnesiæ sulphas* in his mixture. This treatment, by cleansing the *prima via*, and exciting the chylipoietic organs to greater activity, enabled him, in a short time,

to enter into his former pursuits with alacrity, and dispelled those gloomy ideas which are the inseparable companions of Hypochondriasis.

CASE V.

A YOUNG Gentleman, whose habits of life had been intemperate, submitted himself to my care. He was much emaciated; his eyes appeared sunk, and his features were greatly dejected: he had been of a cheerful and active turn of mind until the last year or two, when something so preyed upon his spirits that what had formerly given him pleasure, seemed now to be most irksome and distressing to him. When I first saw him he complained of dull pains in the head, more particularly over his eyes, and in various parts of the body; great weakness in the lumbar region; pains and heat in discharging his urine, *involuntariâ penis erectione, cum seminis plerumque emission, tam die, quam nocte, sæpe*

tentatus fuit; frequent diarrhœas, composed of mucous evacuations; with retchings, and loathing of food of the most delicate kind, and furred tongue; dry and constricted state of the skin; sometimes cold, clammy perspiration; and many other deplorable symptoms, strongly indicative of the rapid approach of *Tabes dorsalis*. From these appearances, I was lead to inquire what means had been employed before his application to me. I found he had originally been under the care of some irregular practitioner, who had incautiously administered mercury, to eradicate that baneful malady which is often the consequence of juvenile indiscretion, without enjoining the strictest attention to regimen, diet, &c., and consequently laid the foundation for those symptoms of Hypochondriasis I have already enumerated. Keeping in view the primary cause of disease, and wishing to ameliorate the urgency of the symptoms, I prescribed for him small doses of calomel and opium, with an almond emulsion.

A continuance of these medicines, for some days, relieved the diarrhœa, nausea, and pains in passing water, and his nervous system became

considerably tranquillized ; which then allowed me to prescribe the alterative plan as in the other case, with a few modifications.

The alvine secretions were now evidently improving, and most of the other symptoms ; but the painful priapisms continuing, I ordered to the boluses half a grain of opium, and directed him the *decoctum sarsaparilla compositum* as a common drink ; by which, in a short time, his general health became greatly amended, inso-much that he was soon able to take moderate exercise on horseback. The benefits he derived from the plan that had been recommended, and which he most strictly adhered to, were strikingly manifested. The remedies seemed to subvert the diseased actions ; the tongue became clean, and the evacuations natural ; and, by the occasional use of mild deobstruents, with stomachics, his appetite and spirits returned, and he no longer complained of any uneasiness in his head : in short, after these healthy indications had made their appearance, in the course of a fortnight he was enabled to walk, and at the end of a few months, his health was completely reinstated.

CASE VI.

DURING a particularly mild winter, when our atmosphere was continually oppressed with dense fogs, all those subject to Hypochondriasis were greatly affected, and many sunk under the powerful influence which such a condition of the air has over the animal spirits. In that season I had the opportunity of seeing this prevalent malady in all its manifold stages and most formidable appearances. It was then I gained, as I considered, the many important hints concerning the origin, management, and permanent cure of this malady, which have induced me to promulgate^d my sentiments and observations on it.

In the month of November, among the various cases, which came under my immediate inspection, some similar to those already mentioned, others with its more ordinary characteristics, I attended one so singular in its appearance that I cannot omit inserting it here. A young lady, aged 23, of a morose and peevish disposition, had for several years

been subject to slight convulsive twitching of the muscles, which each succeeding year grew stronger till the time I was requested to see her, when they had increased, with the pain attendant on them, to an alarming height. The contractions of the muscles seemed nearly allied to *tetanus*, and in the face depicted most excruciating torment; these continued for five minutes, after which she fainted. Three or four times a day had she to anticipate a renewal of this dreadful paroxysm, and was warned of its approach by a violent trembling, hiccough, numbness and rigidity of the limbs, with great prostration of strength, involuntary discharges of colourless urine, frequent deep sighing, most afflicting depression of spirits, and the greatest impatience of control or advice: in some intervals of the paroxysms she was cheerful, and sometimes jocose, whilst in others she relapsed into her natural low-spirited and sullen manner. I observed the pulse to be eighty, and the period of the menses (which were regular and healthy in their appearance) to have no sensible effect on the convulsions; the alvine

secretions were evidently faulty, and the digestive organs much impaired. She told me that within the last month her sense of taste had gradually lost its subtle powers of distinguishing the several kinds of food. This last is a symptom I have frequently observed in visceral obstruction ; and on which I had no doubt her present disease depended. But my attention was first directed to the violent spasms ; so I ordered her to take every four hours a bolus composed of six grains of musk with half a grain of opium, and to drink freely of the common musk julep. These had the desired effect, in a few days, of prolonging the intervals, and lessening the violence of the convulsions. I then prescribed an emetic, which cleared the stomach of a quantity of green fluid: but after taking it, until the operation was over, the convulsions were more frequent and powerful; indeed, the nervous irritability was so easily excited, that the slightest noise immediately produced a recurrence of the paroxysms ; but when the stomach had been completely freed of its noxious contents they were much abated ; she then gained more refreshing sleep than she

had enjoyed for some time. Next day, with a continuance of the antispasmodics, increasing the dose of opium, after well cleansing the *prima via*, I put her upon a course of deobstruent medicines, which had a great work to effect: for, by the length of time these symptoms had been coming on, all the abdominal viscera were become sluggish in performing their office, and a short period longer must inevitably have destroyed their functions altogether. The first week or two of employing the latter remedies they seemed to be inert; yet the progress of disease was sensibly arrested, which, of course, was a great encouragement to continue in a regular administration of them, gradually augmenting their dose, —and then the scale was turned, though the amendment was almost imperceptible; but the space of a month or two, the return of health was obvious, every pain and anxiety disappeared, and nothing unpleasant remained, but those propensities to churlishness with which nature had endowed her.

CASE VII.

Mr. F., aged 35, had been afflicted, for two years nearly, with great depression of spirits, lassitude, and debility; violent palpitations of the heart and tremors, so much so that he could scarcely feed himself. His appetite was extremely varying; sometimes quite deficient, and at others, almost incapable of satisfying himself. He appeared to be gradually approaching to a state of exhaustion; his pulse was languid and laborious; his evacuations were clay-coloured and costive; his bowels often locked up for two or three days; his urine was pale-coloured and copious; frequent nausea, and vomiting of a dark-coloured fluid. His profession was sedentary, and being an excellent singer, he was often led into society, and induced to keep irregular hours: this had been the stepping-stone to all his sufferings. However, when he removed into the country, and placed himself under my care, I employed the remedies that have been here so frequently mentioned, and, in two months, he felt much

relieved; the symptoms gradually yielded to mild and occasionally active remedies. His profession being in the law, of course now and then predisposes him to frequent relapses; but these have always disappeared on recourse to the former remedies.

CASE VIII.

A CLERGYMAN, aged 33, had been for some months suffering from pains in the head, giddiness, and great depression of spirits, which had been attributed to a severe domestic calamity he had sustained. He appeared emaciated, melancholy, and diseased; sinking sensation at his stomach; appetite defective, with occasional cold perspirations; white furred state of tongue, restless nights, and all the formidable and distressing symptoms of Hypochondriasis. His disease had resisted the treatment prescribed by some

eminent medical practitioners in London, and he was recommended to resort to country air, when I was requested to see him. I immediately adopted the elements of that system to which I have so frequently adverted, and ascertained that the discharges from his bowels were costive and knotty, sometimes yeasty and liquid; his urine limpid and frequent. However, mild doses of pil. hydrarg., with purgatives of senna and manna, soon relieved the urgent symptoms, and these, of course, were also much assisted by change of air and scene, and entering into more active habits and pursuits. The pains in his head were alleviated. Time, the great soother of all mental afflictions, contributed much to his relief, conjoined with those remedies which allay nervous irritability by their influence over the functions of digestion; and in two months he was enabled to take a tour which I suggested, and shortly after resumed his duties as usual, notwithstanding his repeatedly expressed fears and apprehensions to the contrary.

This case was another manifest indication of the sympathy existing between mind and body: the system had been for some months previously

undergoing a morbid change, the calamity that befel the invalid proving the exciting cause, and greatly augmenting all the symptoms.

CASE IX.

A YOUNG Lady had been for two or three years subject to fits of melancholy, and although naturally of a cheerful and active disposition, she became peevish and morose. Her periodical evacuations had been hitherto regular; her bowels were costive, and scarcely ever relieved but by medicine. Her appetite irregular; sometimes craving for food, at others disgusted at the sight of it. Pains in the region of the stomach, and tenderness on pressure. Breathing short and difficult on taking moderate exercise; fits of coughing and flatulence; great prostration of strength, with all the usual concomitant symptoms of Hypochondriasis. She had, previous

to my seeing her, been frequently purged, and leeches had been applied to the region of the stomach. Change of air, with warm and cold sea-bathing, had been tried; tonics of various kinds had also been prescribed, in order to rouse the nervous energy, but in vain—the disease appeared to resist every approved remedy. On my visiting her she appeared much emaciated, and her symptoms presented a most formidable character, for I could but refer her condition to the disorganization of some important viscera; I therefore proceeded with great caution, only ordering gentle laxatives. The secretions appeared defective and morbid. I now directed the utmost attention to her diet, the quantity to consist of twelve ounces of light animal and farinaceous food, in equal parts, daily, and to be divided into three portions, of four ounces, to be taken at intervals of six hours; and her drink milk or barley-water. I also prescribed, after a few days, the pil. hydrarg. cum rhei, with doses of manna, inf. sennæ, and tinct. cardam., and her body to be freed from the tight lacing I had detected. Weeks passed on; the evacuations still retain-

ing their slimy, mucous, and clay-coloured character; but occasional slight appearances of bile afforded me a glimmer of hope. The bowels became less costive, and the stomach less irritable; the other symptoms also assuming a more favourable aspect. At this stage of the disease I ventured upon the administration of light tonics, in combination with my other remedies, and I had the gratification, after several months of great perseverance and rigid attention on the part of my patient, to witness her gradual restoration to health.

This case manifests a most important fact, one on which every medical writer and practitioner is imperatively required to express his sentiments, viz., the injurious tendency of tight lacing; for I feel bound to state my opinion, that the majority of female diseases are attributable to that absurd and destructive habit; and I may venture to assert that this is only an echo of the opinions of the most enlightened medical men in this and other countries. What will my fair countrywomen think when they are informed that 39,000 females in this country have perished by consumption

within the last year? * I trust I may be pardoned for digressing, but here I feel bound to point out the evil consequences of compressing the chest and body to the present fashionable extent. The pressure on the chest prevents the due circulation of blood through the air-cells of the lungs; the blood is thereby deprived of its oxygen, or vital principle, and tubercles consequently form. On the liver and organs of digestion pressure impairs their functions; the body becomes attenuated, and disease and death are the lamentable results. The foregoing case was one of the character I have described; the secret and primary cause (in her habit singularly predisposed to pulmonary disease, or other scrofulous diseases) originated in tight lacing, and had not this been timely discovered and discontinued, the evil would have bid defiance to every remedy that the utmost attention or the most scientific imagination could have suggested.

* See Registrar-General's Report, 1839.

CASE X.

MR. C., aged 50, was, about twelve months previously to his consulting me, attacked with violent pains across the chest, particularly in the region of the heart, great difficulty of breathing on ascending a hill, and on meeting the wind. A medical practitioner in the neighbourhood was called in, who, very properly, bled him, and administered purgatives with the usual antiphlogistic remedies, which were attended with great benefit, and the urgent symptoms were much alleviated. About two months after, I was requested to visit him, when I found he complained of pains in the chest, particularly in going to bed, or using the slightest exertion; indeed, he was given to understand his case was one of Angina Pectoris, as his pulse varied and intermitted once in twenty-five pulsations, sometimes oftener, full and hard; the evacuations were clay-coloured: his tongue coated with a white tenacious fur; a dry and constricted state of the skin. With these symptoms, I did not for a moment hesitate on the

plan to be adopted, although, from the general character of the case, I could not decide whether there was disease of the heart, or whether the symptoms were induced by derangement of the digestive organs; but conceiving that, under all circumstances, such a method would afford relief, I persevered in it for some time with decided and ultimate benefit. The result proved that his disease was to be attributed to the impaired functions of the digestive organs.

CASE XI.

A GENTLEMAN, aged 66, had been for several years suffering from what he termed his occasional low attacks, which had resisted all the remedies that his ample fortune enabled him to have recourse to; but his constitution becoming more enfeebled, and the paroxysms of despondency recurring more frequently, he

was induced to consult me. He stated that, at the age of forty, he had sustained a severe bereavement; had neglected his accustomed exercise, even abandoned his favourite pursuits of shooting and hunting; became melancholic, irritable, and the society that formerly delighted him to mix in became irksome and disgusting. This alarming attack of Hypochondriasis continued for several months, but ultimately he was induced to take a tour on the Continent, and returned after a lapse of a year much benefited. From that time paroxysms of low spirits occurred at intervals of about two or three months, and to such an extent that his family constantly watched him. These had continued for more than twenty years, but with little relief. His case was truly distressing. When he applied to me, his countenance was pallid, his eyes were sunk, and the white tinged with yellow; his bowels were costive, his tongue thickly coated, pulse feeble and quick, his skin dry and horny, his urine scanty and high-coloured; loss of appetite; his nights were sleepless, and accompanied with great apprehensions and fear

of death ; indeed, all the horrors of coffins and tombs were vividly depicted before his imagination, and in the mornings he appeared dejected, irritable, and inactive. He stated that he was tired of medicine, and thought some suggestions might be made as to his diet and regimen, for which purpose he felt anxious to see me. I prevailed upon him to take a dose of calomel at night, and some infusion of senna the following morning, and the result proved that the secretions were all defective ; but feeling next day much relieved, he paid me another visit, when I directed him to adopt the mild alterative system, with strict attention to his diet and exercise, occasionally changing the seat of his residence, resuming his horse exercise, and injecting a pint of cold water up the rectum every morning on rising from his bed. The adoption of this plan, happily, in two or three months improved his spirits ; his bowels had been constantly evacuated, and although the liver continued torpid, yet the usual low paroxysms had passed away ; hope beamed upon his countenance.

Ten months have now gone by ; every symp-

tom is improved. He perseveres rigidly in the treatment prescribed for him; he has experienced only a slight recurrence of the low paroxysms; in fact, his life is now become desirable. His gloomy apprehensions have vanished; and, with occasional purgative doses, he may fairly be reported as convalescent. This case has been one of the most gratifying; for, suspecting, as I did, that some organic disease of the liver or brain existed, yet I felt desirous of putting to the test the remedial influence of mild purgatives. It strongly manifested what benefits may be conferred by removing all crudities in the alimentary canal, regulating the diet and regimen, and so following up the old adage of "Eating to live, and not living to eat."

CASE XII.

A GENTLEMAN from Kent, aged 40, consulted me early in the spring of last year. He informed me that he had been suffering from nervous headaches, loss of appetite, indigestion, and low spirits, for several years; that what had formerly imparted pleasure and gratification, now became irksome and distressing to him. His profession being in the law, and a man of extensive practice, it appeared to me that the mind had been too much excited, and the body too much neglected. An abscess had formed in the axilla, and the glands of the neck and tonsils were swollen; palpitations of the heart, and great pain in the region of the stomach; fatigue on the slightest exertion, and a desire to remain in an inactive state. His bowels had been in a most uncertain condition, sometimes relaxed, at others constipated, knotty, dark, and slimy, occasionally tinged with blood; pains in the rectum, with hæmorrhoids or piles; irritation of the bladder, with urine high-coloured, and sediment resembling

brickdust. He had lived freely, and, from a sinking sensation which he constantly experienced, had frequent recourse to stimulants, which, of course, only tended to aggravate all the ills he endured. I need scarcely add, that he adopted the mode of treatment I have so frequently alluded to. The remedies were never more successful. His spirits and appetite returned; and he persevered unremittingly for a few months, and reaped all the advantages that either the patient or the physician could desire.

CASE XIII.

THE SON of a Nobleman from Ireland applied to me last summer. He had been suffering for several years with low spirits and indigestion. His appetite had forsaken him, he had become weak and emaciated, and the favourite pursuits he had formerly indulged in, of fishing, shoot-

ing, and hunting, were now become irksome, and abandoned. He had unsuccessfully applied to some members of the medical profession, and when he first appeared to me, was in a most pitiable state; he eyes were hollow; his countenance pallid; depression of spirits; his skin yellow, flabby, and dry; pains in his head, and throbbing at the temples; oppression in his breathing; palpitations, and sense of tightness of the heart and præcordia; general lassitude and debility. He had suffered much from eruptions about the face and mouth; glandular swellings in the neck and groin, terminating in small abscesses; and I believe a more striking instance of a disordered constitution, or of the miserable effects of disease upon a fine young man, could scarcely be imagined. I first impressed upon his mind the important advantages of abstaining from fermented liquors (a deplorable system which he had previously indulged in), a rigid attention to diet and gentle exercise (so soon as he was capable), and the steady perseverance in that mild and alterative plan to which I have so often alluded. Month after month passed away, with increasing bene-

fit ; his constitution, aided by the remedies, gradually overcame the disease ; he became full of confidence in the means suggested, and finally carried them out to the happiest consummation ; and, I believe, is at this moment enjoying all the allurements of his high station and fortune.

The foregoing Cases, which I have selected from many, bearing great similitude to one another, will, I think, be deemed sufficiently illustrative of the remedies to be employed under the varied appearances of this disease. The divers changes which it assumes, I have endeavoured (as far as the nature of the present Work will admit) faithfully to portray ; but I conceive it would be entering into too prolix a detail to enumerate the numerous cases that have of late come under my care. In adverting to the mode of treatment, considered generally, I feel certain that it will be fully confirmed by practical prosecution.

On perusal of these Cases, it may be observed by many that females are never subject to Hypochondriasis; that disease being always confined to the other sex. And it has been remarked by a late author, that "the operations of the animal powers seem to be most perverted and disturbed in women; but in men the mind is the subject of attack." The inferences I have been enabled to draw, from minute and long investigation of this disease, are, that there are many exceptions to this general declaration. Can it be denied that a nervous predisposition may exist in both sexes, independent of any other morbid influence, and that the same causes may excite the same degree of affection in both? or is the mind or sentient principle so materially different in the male and female? The prevalence of Hysteria would, perhaps, induce a belief, as that disease is peculiar to the female, and creates so much disturbance in their mental faculties, that it precludes the possibility of Hypochondriasis affecting them: yet, upon tracing the source of Hysteria, we shall find that it is not always occasioned by uterine

affection ; whereas, Hypochondriasis may be referred to derangement of the digestive organs, occasioned by various exciting causes, in habits singularly predisposed, and therefore not dependent, as Hysteria is, on an organ peculiar to the sex. Indeed, many instances might be advanced, where the periodical evacuations of that viscus have been perfectly healthy and regular, and yet those females have been exceedingly irritable and hypochondriacal. I am willing to believe that Hypochondriasis is more prevalent in men ; but, as far as my judgment will enable me to decide, I cannot coincide in that opinion which entirely ascribes it to males, having seen many cases where the other sex has been affected with it to as great a degree.

“ Thus, when we consider the unnatural and artificial state of our domestic institutions, and those habits of confinement which so much prevail in female life, we cannot but recommend exercise in the open air as of the utmost importance. The inhalation of more pure air than that of a dwelling is most valuable in all stages of existence ; and the various climates and habits of the world furnish striking instances of

the strength and stamina of women, in proportion to their observance of those salutary means. In dwelling upon the advantages of air and exercise, and the physical debility resulting from the neglect of them, I would now allude to the importance of diet in regulating the powers of the nervous system; for it must be admitted that diet has a peculiar and varied tendency according to its character, and more particularly influences females who belong to the higher ranks of society, and partake freely of the fare which is common to them. The good effects of temperate diet, accompanied by exercise, on the circulating system must be obvious, as well as their powerful influence upon the mind in regulating those emotions which so frequently are attendant upon females in active life; a degree of waspishness, sullenness, and all the contortions of the female mind are witnessed, and may be frequently traced to improper food; for we know its relative effects are not entirely confined to the digestive organs, but its power extends over the functions of the brain.”*

Having taken this general view of the pecu-

* Rowe *On Disorders of Women*, p. 40.

liar characteristics of Hypochondriasis, I shall conclude the subject with a few remarks on the influence of the stomach, not only in the animal economy, but in the management of this disease, as well as of Hysteria. Hysteria has, by the ancient physicians, and most of the modern, been entirely ascribed to uterine disease; yet in many who have long and greatly suffered by this malady, the womb has frequently after death been observed to be sound.* Indeed, whether these two diseases, viz., Hypochondriasis or Hysteria, be considered distinct or the same (for the symptoms in both much resemble each other), it must be admitted that as these and all great nervous disorders proceed from some glandular obstruction in the stomach, liver, or alimentary canal, the removal of those obstructions and the general management of diet, regimen, &c., must be considered as forming the important basis of all remedial measures; and experience has proved that this uniform treatment of those frequently twin diseases has been eminently successful. The stomach not only effects the

* Whytt *On Nervous Disorders*, p. 106.

grand purposes of digestion, but, by its healthy or unhealthy action, invigorates or debilitates the whole system.* When we consider the present fashionable modes of indulgence, in taking a contrariety of substances into the stomach, and the great addiction to fermented liquors, it cannot be matter of surprise that this organ so frequently becomes the seat of disease. The morbid affections of the nerves of the stomach, by sympathy, impair the energy and impede the motion of the heart and arteries; chylication is imperfectly performed; and the operations necessary for repairing the waste which different parts of the body daily undergo become either too languidly applied, or inefficient in their properties.

“The powerful sympathy between the brain and the stomach is well known, and proves the effect that diet has over the sensations. It is evident that certain aliments have different

* “The quantity of food generally taken is more than the wants of the system require; and such excess, if persevered in, generally produces not only functional aberration, but disease of the coats of the stomach.”—
Dr. Beaumont's *Result of Experiments*.

influences upon the animal feelings, that the stomach often regulates the organ of thought, that a full diet will generally diminish the activity of the brain, and render our ideas confused and unintelligible; and it has been remarked, that the system of diet alters the character and dispositions of people, and even of nations. But no universal plan can be adopted; inhabitants of the northern regions requiring more food than those of the southern. The school of Pythagoras flourished in the mild climate of Greece, and the anchorites who, in the beginning of the Christian religion, peopled the solitudes of Thebais, could not have endured in a severer climate the system which they observed.”*

These morbid affections of the nerves are considerably increased by the want of refreshing sleep, and the melancholy and low spirits which are the inseparable companions and grand criteria of this disease, and which thereby contribute most essentially to prevent the proper nutrition of the body. In detailing these pathological inquiries into the state of

* Rowe *On Disorders of Women*, p. 42.

the stomach, I cannot too strongly recommend the adoption of early remedies, with that old adage, "*Venienti occurrere morbo;*" for when this disease has continued long, and reduced the patient much, tubercles form in the chylo-poietic viscera, the natural consequence of obstruction; a dry cough comes on with all the symptoms of hectic fever, which, in conjunction with the original disease, accelerate the decay, and death at length closes the tragic scene.

CHAPTER II.

INDIGESTION.

UPON considering this morbid affection of the stomach (indigestion), it is first necessary to refer to the best and most rational views entertained of the mode in which food is assimilated into nutriment for the supply of the system.

The process of digestion, and the time it occupies, have been the subjects of much discussion. Some physiologists have affirmed that it requires a period of five, and others of three and a half hours;* but the peculiarity of habit, the kind of food, whether fish, flesh, farinaceous or vegetable—whether in a fluid or solid state—are all matters of important consideration, and calculated to influence, in the highest degree, the action of the stomach. As

* Dr. Beaumont's inferences.

an axiom in physiology, it must be admitted that too frequent eating or drinking not only materially interferes with the functions of the stomach, but impairs its power of secretion and contractility.

We ought never to lose sight of, but rather be mainly guided by, these physiological facts, in our efforts to remedy the distressing evils of indigestion.

It is universally admitted that digestion is effected by the action of the gastric juice in the stomach; the present habit, therefore, of taking large quantities of liquids during that process must be very injurious; for, surely, the introduction of any fluid into the stomach at that period dilutes and weakens its digestive power.

Dr. Combe states, "The more we consider the real complication of the function of digestion; the extensive influence which it exercises, at every period of life, over the whole of the bodily organization; the degree to which its morbid derangements undermine health, happiness, and social usefulness, and especially the share they have in the production of

scrofulous and consumptive, as well as of nervous and mental affections, we shall become more and more convinced of the deep practical interest which attaches to a minute acquaintance with the laws by which it is regulated."

When digestion is imperfectly performed,* eructations of wind take place, and a sense of weight and fulness is felt in the region of the stomach; flesh meats become alkalescent, oily or fatty substances become rancid, and milk, bread, or most of the vegetable kind become acid; and, indeed, every substance conveyed into the stomach is thrown into a state of fermentation.†

* "When the gastric juice becomes saturated, it refuses to dissolve more; and if an excess of food have been taken, the residue remains in the stomach or passes into the bowels in a crude state, and frequently becomes a source of nervous irritation, pain, and disease for a long time, or until the '*vis medicatrix naturæ*' restores the vessels of this viscus to their natural and healthy action, either with or without the aid of medicine."—*Result of Dr. Beaumont's Experiments*, p. 77.

† Stomachum autem infirmum indicant pallor, macies, præcordium dolor, nausea et nolentium vomitus, in jejuno dolor capitis.—*Celsus*, lib. i. cap. 8.

Indigestion is frequently a secondary and sympathetic affection, and in this case should be relieved only by attention to the primary and remote causes; but the idiopathic disease usually arises in persons from the age of twenty-five to forty, whose habits of life have been either intemperate, sedentary, or inactive, and whose nervous temperament is either irritable or phlegmatic.

Indigestion sometimes comes on suddenly, but it more generally exercises its baneful influence on the human frame by progressive steps; and frequently continues to increase, with little remission, until the deplorable state of the patient's health renders some means of remedy imperatively necessary.

The immoderate use of opium, tobacco, and other powerful narcotics; the prevalent indulgence in taking vinous and ardent spirituous liquors to excess; the immoderate repletion, and frequent over-distension of the stomach*

* "Violent and repeated vomitings also debilitate the muscular fibres of the stomach; but of the causes which immediately affect them, the most frequent and powerful is morbid distension."—*Dr. Wilson Philip*, p. 74.

at irregular intervals (*"Plures crapula quam gladius,"* is a true saying); the want of air and exercise; the exposure to cold moist air when in a state of inactivity; a deficient or vitiated secretion from the liver, pancreas, &c., attended with costive evacuations; intense study, grief, or other violent affections of the mind,* which often accompany these morbid derangements; tea, coffee, or other diluent liquors,† which have a tendency to relax the action of its muscular fibres; may all be considered as the leading causes of the imbecility

* "*Homines sunt maxime melancholici quando vigiliis multis et solitudinibus et laboribus et curis fuerint circumventi.*"—*Galen*, lib. i. c. 3, *De Locis Affectis*.

† "When fluids are taken into the dyspeptic stomach during the digestive processes, they are apt to be retained; and after giving occasion to flatulent distension, and to many other annoying symptoms, they are tardily taken into the system and thrown on the kidneys, loaded to excess with unassimilated matter, or they sometimes escape by the bowels, or are ejected by vomiting. Hence, as a general rule, the impropriety of drinking too much at a meal."—*Dr. Prout On Stomach and Urinary Diseases*, book i. p. 9.

and loss of power, which prevent the stomach from performing its most essential function, viz., the assimilation of food.

During the last awful visitation of Cholera in London, it was my misfortune to have attended cases in various localities, and, I may remark, it could generally be ascertained that the attacks were preceded by symptoms of *Indigestion*. The patient had been suffering from lassitude and debility, irregular action upon the bowels, with all the characteristics of deranged biliary functions; these symptoms, no doubt, rendered them more susceptible of a disease which has baffled, at present, all remedial measures.

It is not my intention here to introduce the various means hitherto employed in the mitigation of that scourge of the human race; but I may be permitted to remark, that in all choleraic patients, when the blood has been analysed, it has proved to be defective of those saline properties which are furnished by the secretion from the liver; it is, therefore, but a fair presumption that this organ, either by its impure or diseased action, tends to the restora-

tion of health, or the propagation of diseases affecting the stomach and bowels.

Indigestion materially differs from Hypochondriasis, although usually accompanied by many of its symptoms. While the latter frequently proceeds from want of tone of the nervous or muscular coat of the stomach, arising from functional derangement of the brain, Dyspepsia generally originates from weakness and imperfect secretion; and, in the suggestion of remedies, this distinction ought invariably to be kept in view.

Where digestion is imperfect, the body will necessarily become emaciated and much debilitated, extreme nervous irritability will ensue, and latent constitutional diseases will be continually called into existence.

Innumerable instances might be adduced to prove that scrofula, gout, and even cancer, have been lying dormant in the system for many years; and when this most important function became deranged (which the late Mr. Abernethy emphatically denominated a "disorder of health"), the whole train of these formidable diseases has been called into action, and as gra-

dually tranquillized by every improvement made in the functions of the stomach, liver, and alimentary canal.

“I have seen in succession enlargements of absorbent glands, boils, rheumatic affections of joints, and dysury; yet all local diseases have ceased as the health became re-established by attention to correct the disordered functions of the digestive organs.”*

If Mr. Abernethy had conferred no other benefit on mankind than his earnest appeal to the Profession, in representing the integrity of disease in local and constitutional symptoms and causes, his admirable observations on these subjects alone would have conferred unfading honours upon him. It emanated from that great master-mind to point out the absurdity of attributing local diseases to local causes, and to direct the more scientific and more effective treatment of them to the purification of the fountain rather than the cleansing of the channels.

When there is a scirrhus obstruction in the coats of the stomach, near the pylorus (as is

* *Abernethy*, p. 239.

not unfrequently the case), this passage becomes so much straitened, that only the thinner part of the nutriment can pass into the duodenum, while the more solid parts, continuing in a crude state, from the imperfect action of the gastric juice on them, remain in the stomach for many hours, and produce heart-burn, nausea, and, at last, vomiting, by which the patients find themselves comparatively relieved.

Another cause of indigestion may arise from a compression of blood on the vessels of the brain; and it has been frequently remarked, that plethoric subjects, and those predisposed to apoplexy, are more or less affected with symptoms of indigestion. This is a manifest indication of that sympathetic connexion between the stomach and brain, and the great influence the actions of the one possess over the condition of the other.

Again, the stomach being irritated by a revulsion of bile, and that acrimony which is produced by too great a quantity, or an improper state of the food conveyed into it, reverts the motion of its own fibres, and pro-

duces the nausea and vomiting which so frequently occur. These symptoms are among the most ordinary, and they sufficiently demonstrate the imperfect and vitiated secretion of the organs of digestion.

Many persons whose occupations in life, particularly in large cities, compel them to be sedentary, and afford them few opportunities of taking air and exercise, are perceptible of every variation of the thermometer. The circulation becomes languid; they have recourse to warmer clothing, and consequently the state of, and uniform connexion between the skin, lungs, bowels, kidneys, &c., are destroyed; the appetite is defective, the body emaciated, and the important evacuations from the bowels are less frequent and costive; patients become irritable and dejected; a sinking sensation of the stomach is now experienced, and relief is sought for in stimulants. Thus disease is engendered and perpetuated; and ultimate consumption, or organic disease of some important viscus, destroys the patient.

Aliments, when driven through the pylorus, by their disunion with influent bile and pan-

creatic liquor, produce that species of disease which is usually termed bilious; and the peristaltic action of the bowels causes a regurgitation of them, which occasions the overflow of bile in the stomach frequently witnessed on the administration of emetics.

The mistaken notion of the predominance of bile in many habits, induces invalids to have recourse to those remedies that are deemed anti-bilious, when the case is quite the reverse, for the malady is generally occasioned by a deficiency of bile: and even that which is secreted is of a morbid nature; therefore, any curative system so founded must prove highly destructive to the due and healthy action of the liver and other organs of digestion.

Now, as strength and vigour seem to be constituted by the regular and perfect assimilation of food in the formation of blood, and this state can only be effected by the healthy functions of the digestive organs, it must be evident that indigestion and many other diseases are owing to their derangement.

The temporary relief which the stomach receives on the admission of stimulants, proves

its want of energy in the process of digestion, and denotes it to be subject to a disorder of function, and not of structure,—for an organic affection of the stomach would render it incapable of performing its office, whilst a derangement would only suspend it. Therefore, the powerful effects of vinous or ardent spirits must be considered as producing in a great measure the languor and want of excitement which usually accompany indigestion, and are the consequences of extreme action in any organ of the body. This opinion will be fully verified by that excessive debility, and loss of muscular power, which are observed subsequent to any violent febrile affection.

In those persons, however, who have impaired the powers of digestion by excessive drinking, it would not be beneficial to abstain all at once from this baneful habit; but gradually to diminish the quantity of stimuli, to avoid all vegetable and acid food, and to substitute animal and farinaceous matter, will be more likely to restore the digestive functions to a healthful state.

Dr. Wilson Philip observes, that the most

common cause of indigestion is eating too fast ; and Dr. Beaumont has also proved, by his experiment upon St. Martin, that it is important for the preservation of health that this process should be effected slowly. If food be swallowed rapidly, more will generally be taken into the stomach before the sensation of hunger is allayed than can be digested with ease; and Dr. Combe, in his admirable remarks on this process, states, "This gradual admission of food into the stomach seems to be in relation with the gradual supply of gastric juice necessary for the solution of each portion; and it explains why, at a social dinner, where we eat slowly, and with short intervals of conversation, we are able to consume a larger quantity, and digest it more easily, than when we sit down alone, and eat hurriedly and without interruption. In the one case the stomach has time to adapt its capacity and its gastric secretion to the quantity taken in, while in the other it can do neither."

It must generally be admitted, that animal food which is not over-cooked is more nutritious than that which is either raw or overdone; for many experiments have proved that mode-

rately-dressed meat will be more readily digested by the gastric juice; the boiling or roasting makes it more tender, allowing a readier ingress of the digestive fluid, whereby its dissolution is more perfectly accomplished in the stomach.*

The atmospheric vicissitudes of the English climate have a great tendency to aggravate this disease; as the appetite becomes deficient in hot weather, and returns on the transition to cold. This is to be accounted for. As the secretions of the skin are excited by the determination of blood to the surface of the body, so are the operations of digestion retarded by being deprived of that volume of blood which is essentially necessary to the performance of their functions. This fact, and its theory, have since been illustrated more fully by the admirable remarks of Professor Liebig. He observes, "The cooling of the body, by whatever cause it may be produced, increases the amount of food necessary. The mere exposure to the open air in a carriage, or on the deck of a ship, by increasing

* "It appears, from my experiments, that boiled and roasted, and even putrid meat, is easier of digestion than raw."—John Hunter *On the Animal Economy*, p. 220.

radiation and vaporization, increases the loss of heat, and compels us to eat more than usual.*

The changes of the wind are known to exert a most powerful influence over the human frame, more particularly in invalids; and, doubtless, there is some striking peculiarity in an easterly wind, which impedes the natural and healthy functions; and this observation has been frequently made: "In a thick and cloudy air men are tetrick, sad, and peevish (*aurâ densâ ac caliginosâ, tetrici homines existunt, et subtristes, &c.*); and if the western winds blow, or there be a calm, or fair sunshine day, there is a kind of alacrity in men's minds,—it cheers up men and beasts; but if it be turbulent, rough, cloudy, stormy weather, men are sad, lumpish, and much dejected; angry, waspish, dull, and melancholy."† The im-

* *Animal Chemistry*, p. 21.

† Burton's *Anatomy of Melancholy*, Part I. sect. 2!

"Verùm, ubi tempestas et cœli mobilis humor
Mutavere vias: et Jupiter uvidus Austris
Densat, erant quæ rara modò; et, quæ densa, relaxat.
Vertuntur species animorum, et pectora motus
Nunc alios, alios, dum nubila ventus agebat,
Concipiunt." Virg. *Georg.*, lib. 1, l. 417.

mortal Shakspeare was not ignorant of these singular effects, when he reasons thus on life :

A breath thou art,
 Servile to all the skiey influences
 That do this habitation, where thou keep'st,
 Hourly afflict.

· If, then, these aerial changes are wrought on the nervous system of healthy subjects, to how great a degree must they tend in adding to the disturbance of those organs which are rendered more susceptible by nervous irritability or organic disease? Under such circumstances, patients will act prudently in removing to a climate more congenial to their feelings, and more adapted to the nature of their constitutions.

· The nature of that climate will form an important point to decide upon ; for in those constitutions where indigestion has been making its ravages by inducing pulmonary disease, a southern region must be preferred, as the amount of inspired oxygen will be much diminished, and the food will be capable of resisting the oxydizing agency of the atmosphere.

The equilibrium so desirable will therefore be maintained, as no more oxygen will be introduced into the system than can be counterbalanced by the carbon and hydrogen eliminated from the food.

On the other hand, where indigestion has been promoted from long residence in hot climates, or the frequent concomitant of that disorder, obstructed liver, a colder climate will be most beneficial, as the excess of carbon will be counterbalanced; and the result is obvious, an improvement in health.*

The principal and most powerful causes of indigestion, and all those distressing maladies resulting from it, are the present fashionable modes of intemperance, and the almost total negligence of taking air and exercise. *Homini cibus utilissimus simplex; acervatio ciborum pestifera et condimenta perniciosa: multos morbos multa fercula ferunt.*† When the pre-

* "The quantity of food is regulated by the number of respirations, by the temperature of the air, and by the amount of heat given off to the surrounding medium."—Liebig's *Animal Chemistry*, p. 22.

† Pliny, lib. 11, c. 52.

vailing revolutions of the day to night, and the night to day, are considered, independent of the great indulgence in luxurious habits of living, and the sudden transitions from a temperature equal to that of a tropical climate to one under the frigid zone,—by rushing from a crowded theatre or ball-room into a dense or frosty atmosphere,—it is but reasonable to conclude, that those organs whose healthy actions are so dependent on the regularity and temperament of the body, must ultimately become the objects of attack. Hence we daily witness the robust appearance of the labouring peasantry, compared with the pallid hue of the artist or mechanic, who is shut up in a heated room, frequently respiring the same air which has passed through his lungs: the one will be seen enjoying his meals with the greatest avidity, while the other's appetite becomes vitiated, and he loathes the sight of food.

In enjoining rules or modes of temperance and exercise, in the acquisition and preservation of health, I cannot but quote the following beautiful lines in the "Spectator":—

"If exercise throws off all superfluities, tem-

perance prevents them; if exercise clears the vessels, temperance neither satiates nor overstrains them; if exercise raises proper ferments in the humours and promotes the circulation of the blood, temperance gives nature her full play, and enables her to exercise herself in all her force and vigour; if exercise dissipates a growing distemper, temperance starves it.

“Accordingly we find that those parts of the world are most healthy where they subsist by the chase; and that men lived longest when their lives were employed in hunting, and when they had little food besides what they caught. What would that philosopher Diogenes have said, had he been present at a modern meal? Would not he have thought the master of a family mad, and have begged his servants to tie down his hands, had he seen him devour fowl, fish, and flesh; swallow oil and vinegar; wines and spices; throw down salads of twenty different herbs; sauces of a hundred ingredients; confections and fruit of numberless sweets and flavours? What unnatural motions and counter-ferments must such a medley of intemperance produce in the

body? For my part, when I behold a fashionable table set out in all its magnificence, I fancy that I see gouts and dropsies, fevers and lethargies, with other innumerable distempers, lying in ambuscade among the dishes.

“Nature delights in the most plain and simple diet. Every animal but man keeps to one dish. Herbs are the food of this species,—fish of that,—and flesh of a third. Man falls upon everything that comes in his way; not the smallest fruit and excrescence of the earth, scarce a berry or mushroom, can escape him.”

Having thus far considered many of the incipient causes of Indigestion, I shall proceed to the discussion of those symptoms which are among its most common indications. Indigestion is usually attended by vertigo, or giddiness in the head; dry skin; white furred state of the tongue;* pains and sense of fulness in the region of the stomach; cardialgia, or heart-burn; loss of appetite; nausea and vomiting; violent pains in the head, sometimes periodi-

* “The state of the tongue is in general an infallible criterion of a disordered condition of the stomach.”—

Abernethy, p. 22.

cally; the aliment passing through the intestines in a crude and undigested state; shortness of and foetor of the breath. Sometimes it is attended with great thirst and want of sleep; at other times a degree of lethargy and drowsiness; frequent startings; incubus, or nightmare; pulse frequent and feeble; palpitations of the heart;* cold perspirations; and great fatigue on the least exertion. The mind is attended with great despondency and irritability. There is flatulence and itchings, pallid countenance, spots on the face and skin, great costiveness; at other times frequent discharges resembling yeast, and the loss of that gratification which is experienced in satisfying hunger: the patients eat their meals at stated intervals, in compliance more with custom than inclination. Another symptom I have frequently witnessed in cases of Indigestion, which is an occasional cough and expectoration, with ultimate discharges of blood from the stomach, of a thick grumous character, and to an appa-

* "The actions of the heart seem to me also to become disordered from sympathy with the stomach."—*Abernethy*, p. 232.

rently alarming extent, succeeded by parched tongue and mouth, with acute febrile symptoms.

As to the prognosis of Indigestion, it may be considered to be generally alleviated, if not entirely cured, by discontinuing the causes, when they originate from hard drinking and other bad habits (which have been already noticed in this chapter), and also the timely aid of proper medicines. But in those who have ruined their constitutions by hard drinking, the disease not unfrequently produces jaundice, palsy, apoplexy, dropsy, diseases of the skin, glandular suppurations, imbecility of mind and body, with the most fatal results.

In adverting to the diet and regimen most beneficial, I beg to introduce the admirable remarks of Dr. Beaumont: "There is no subject of dietetic economy about which people err so much as that which relates to quantity. The medical profession, too, has been accessory to this error, in giving direction to dyspeptics, until a sense of satiety is felt. Now this feeling, so essential to be rightly understood, never supervenes until the invalid has eaten too much, if he have an appetite, which

seldom fails him. Those even who are not otherwise predisposed to the complaint, frequently induce a diseased state of the digestive organs by too free indulgence of the appetite. Of this fact the medical profession are generally not sufficiently aware. Those who lead sedentary lives, and whose circumstances will permit of what is called free living, are peculiarly obnoxious to these complaints. By paying particular attention to their sensations during the ingestion of their meals, these complaints may be avoided. There seems to be a sense of perfect intelligence conveyed to the encephalic centre, which, in health, invariably dictates what quantity of aliment (responding to the sense of hunger and its due satisfaction) is naturally required for the purposes of life, and which, if noticed and properly attended to, would prove the most salutary monitor of health and effectual preventive of disease. It is not the sense of satiety, for this is beyond the point of healthful indulgence, and is nature's earliest indication of an abuse and overburden of her powers to replenish the system; it occurs immediately previous to this, and may

be known by the pleasurable sensation of perfect satisfaction, ease, and quiescence of body and mind; it is when the stomach says 'enough;' and is distinguished from satiety by the difference of the sensation; the former feeling enough, the latter too much. The first is produced by the timely reception into the stomach of proper aliment, in exact proportion to the requirements of nature, for the perfect digestion of which a definite quantity of gastric juice is furnished by the proper gastric apparatus; but, to effect this most agreeable of all sensations and conditions (the real elysian satisfaction of the reasonable epicure), timely attention must be paid to the preliminary processes, as thorough mastication and moderate or slow deglutition.

"These are indispensable to the due and natural supply of the stomach at the stated periods of alimentation; for if food be swallowed too fast, and pass into the stomach imperfectly masticated, too much is received in a short time, and in too imperfect a state of preparation to be disposed of by the gastric juice.

"The quantity of gastric juice, either con-

tained in its proper vessels, or in a state of preparation in the circulating fluids, is believed to be in exact proportion to the proper quantity of aliment required for the due supply of the system. If a more than ordinary quantity of food be taken, a part of it will remain undissolved in the stomach, and produce the usual unpleasant symptoms of indigestion; but, if the ingestion of a large quantity be in proportion to the calls of nature, which sometimes happens after an unusual abstinence, it is probable that more than the usual supply of gastric juice is furnished; in which case the apparent excess is in exact ratio to the requirements of the economy, and never fails to produce a sense of quiescent gratification and healthful enjoyment. A great deal depends on habit in this respect. Our western Indians, who frequently undergo long abstinence from food, eat enormous quantities, when they can procure it, with impunity.”*

It will be deemed unnecessary that I should expatiate more on this subject, having so fully, and I fear tediously, dwelt on the disadvan-

* Beaumont's *Observations*, p. 63.

tages accruing from intemperate indulgences ; I shall merely add, that the age, constitution, and the ordinary avocations of patients, must be considered before any specific rules can be laid down either in the dietetic or medical treatment of this afflicting malady ; for I need hardly observe, that experience is the only monitor which can direct the proper arrangement, and, consequently, guide the sufferer to a speedy and effectual relief from the distressing effects of indigestion.

Cold bathing, and afterwards rubbing the body with flannel,* are remedies to be universally adopted, and eagerly persevered in, as highly calculated to restore the tone of the whole system.

Small doses of opium, administered as a cordial, I have seen productive of the greatest benefits;† but this requires great caution, or

* "A gallant and distinguished officer in the British army, *Major-General Sir John Rolt*, K.C.B., has, in an excellent little work, introduced the use of horse-hair gloves, and certainly with great practical benefit."—*Rolt On Moral Command*.

† This opinion has since been confirmed by Dr. Wilson

we shall be found to verify the old proverb,—

“Incidit in Scyllam qui vult vitare Charybdim.”

VIRGIL.

The resorting to approved watering-places is also among the most proper remedies, not only by the tendency the chalybeate springs may have in strengthening the system, but, at the same time, by the various pursuits they afford to the mind, the tranquillity of which must be regarded as among the most desirable objects in the treatment of this disease. I have remarked, in my “Essay on Female Disorders”—“The advantages of travelling are obvious; Philip, who, in his excellent “Treatise on Indigestion” (p. 181), states that, “To the head of remedies employed for temporary relief, belong small doses of opium. Large doses of this medicine have no place in the treatment of indigestion, except for the purpose of relieving severe pain: they tend to increase the other symptoms. Very small doses, however,—two or three minims of tincture of opium, for example,—repeated two or three times a day, often prove highly serviceable in allaying morbid irritation; and their constipating effect is generally easily counteracted. They sometimes, indeed, have very little of this effect.”

many persons fancy they are never well, unless repeated changes of air and scene are followed up; and continental tours are projected, the German spas and baths are used, and the waters drunk as possessing some divine agency in the removal of their diseases, and often imaginary ills. But what does all this prove? that if the same periods of time were occupied in wholesome exercise out of doors, there would be no need of quitting our native country; for I verily believe that more benefit is derived from the examples of early rising, the stimulus to exertion resulting from a round of pleasurable and rational amusements, and the necessity induced of participating in them, than by the miraculous medical properties that have been ascribed to the various spas of the world."* Another and powerful auxiliary in the treatment of indigestion is the mixing in cheerful society. "The flashes of merriment that were wont to set the table in a roar," excite in the mind pleasing emotions, and contribute much to digestion by imparting increased secretion of blood, not only to the

* Rowe *On Disorders of Women*, p. 38.

stomach, but to every other part of the body. "Laughter is one of the greatest helps to digestion with which I am acquainted; and the custom prevalent among our forefathers of exciting it at table by jesters and buffoons, was founded on true medical principles. In a word, endeavour to have cheerful and merry companions at your meals: what nourishment one receives amidst mirth and jollity will certainly produce light and good blood."* But, above all, the utmost exertions are required to effect a due and healthy secretion from the digestive organs; and, where the liver appears to be inert (which is almost always the case), small doses of *Pilula Hydrargyri*, with occasional ones of *Magnes. Sulph.* and *Inf. Sennæ*, are to be given.

Indeed the adoption of that alterative system of treatment, which has so frequently been alluded to, cannot fail to relieve, if not entirely subdue, this formidable malady.

To assist the removal of costiveness, patients should be induced to visit a place appropriated for that purpose daily, at a fixed period; as that

* Professor Hufeland, of Berlin.

method would materially assist the peristaltic action of the bowels, and induce a regular evacuation of their contents.

“Injection of cold water up the rectum I have found highly beneficial; and if administered with a considerable quantity of fluid and considerable impulse, the local impression is so powerful, that it is at once extended by the medium of sympathy through the whole of the alimentary canal, and very thorough and copious discharges result.” *

There is no class of disorders in which the foregoing treatment, under certain modifications, can be better or more effectually adopted than in those nervous diseases resulting from the effects of warm climates upon European constitutions. The appearance of invalided Indian officers is strongly indicative of great visceral derangement. Exposed to a climate debilitating in all its effects upon the whole system, producing congestion of the portal veins, and subsequently fixing disease in the liver, on their return to Europe they present a combination of all the characteristics of low.

* Paris, p. 287.

spirits and indigestion ; and I conceive that a pathological investigation of these maladies is much illustrated by those practical observations necessarily arising from disorders of the stomach, liver, and their remedial influence, together with the description of those cases I have had the opportunity of having under my care.*

The numerous cases of "LOW SPIRITS AND INDIGESTION" which have been described in former editions of this Work, having been applied by many of my readers afflicted with GOUT to their own peculiar cases, they have been induced to consult me ; and although it

* "The Englishman in Jamaica sees with regret the disappearance of his appetite, previously a source of frequently-recurring enjoyment ; and he succeeds, by the use of cayenne pepper and the most powerful stimulants, in enabling himself to take as much food as he was accustomed to eat at home. But the whole of the carbon thus introduced into the system is not consumed : the temperature of the air is too high, and the oppressive heat does not allow him to increase the number of respirations by active exercise, and thus to proportion the waste to the amount of food taken : disease of some kind, therefore, ensues."—Liebig's *Animal Chemistry*, p. 23.

is not my intention to traverse the beaten path of my predecessors, in the treatment of this distressing malady and its concomitant symptoms, yet I cannot forego this opportunity of expressing the firm conviction I entertain of its close alliance with indigestion and derangement of the general health.

I am aware that many writers on this disease have attributed gout to hereditary influence, arising without apparent cause; but I feel confident in asserting that the most frequent attacks of gout scarcely ever occur without previous symptoms of indigestion; that although it has been termed a peculiar morbid action in the joints, affecting the serous membranes, yet it is referable to a disordered state of stomach, and certainly to be remedied by those means which have been so often alluded to in the treatment of dyspepsia.

Gout has been termed a safety-valve to the constitution, and frequently hailed as a boon to the suffering patient: and even admitting, as I do, that there may be a morbid predisposition lurking in the constitution, the appearance of which symptoms may be justly considered as a

relief, yet who can imagine that animal life, however constituted, requires for its maintenance in a comparative state of health a disease involving such suffering?

Let me entreat the reader to view the premature old age, the enfeebled powers of mind and body, induced by repeated paroxysms of gout; its too frequent termination in stiffness of the joints, the accumulation of chalk stones, dropsy, palsy, and apoplexy: the inference must be obvious, that a disease capable of producing such formidable results must be considered in a far different view than as a salutary relief to the system; and therefore requiring all the remedial measures in the power of medicine to afford, rather than to shelter ourselves on its appearance, and direct means only for its local treatment, or the usual approved system of its internal management.

The press for years has teemed with admirable and certainly scientific investigations into the origin, causes, and general principles for the treatment of gout; and I believe the conclusion arrived at by all writers is, that it is a local

inflammation, induced by a peculiar morbid condition of the constitution.

A contrariety of remedies, such as *hot* and *cold* applications, *stimulating* and *refrigerating* systems of diet, *depletion* and *repletion*, *opium*, and *purgatives*, have all been adopted and commended, no doubt with occasional temporary relief; but the disease is still undefined. The fact of its existence only is known; and it is, like several others, a reproach on the tablet of our medical discoveries and acquirements. It would appear arrogant in me, after the path has been so ably trodden by many of the most learned men of this and other nations, to intrude my opinion in these cursory remarks; but having witnessed all the formidable ills of gout, and having viewed for many years the hitherto lamentable failure of many of the most approved remedies, I trust I may be pardoned for having introduced these observations.

They emanate from the variety of cases of low spirits and indigestion which have been submitted to my care, and which have consequently led to the treatment of the premo-

nitory symptoms of gout; and, moreover, confirmed the view I have long entertained, that the malady in question *arises* from, and is *dependent* on indigestion, and not the *cause* of it; and further, that the proper treatment of dyspepsia will not only prevent the frequent paroxysms of this disease, but will, if adopted with perseverance, finally remedy it. I would inquire of any one who has been afflicted with gout, whether the attack has not usually been preceded by low spirits, loss of appetite, irregular action of the bowels, restlessness, excitability of the mind, general languor and debility, and those other symptoms I have described as connected with indigestion? The reason is obvious. Again, when we consider the long established fact, that the peasantry, and those who toil for their daily bread, and are consequently deprived of the many luxuries which affluence obtains, and are compelled to exercise those animal powers which the Divine Author of our being assigned to His creatures, are seldom, if ever, afflicted with gout, we have fair reason to conclude that the free use of our limbs, the moderate enjoyment of the comforts

of civilized life, and the medium of intellectual and rational amusements, are not only the best safety-valves of the constitution, but are essential to the prolongation of human existence, and the most desirable object to attain in the removal of diseases.

Reasoning, therefore, from the circumstance that the peasant, by the means I have stated, is in the enjoyment of robust health; that the man abounding and participating in all the luxuries that wealth can obtain is dyspeptic and gouty, we may justly infer that the habits and modes of life of the lower classes are, under certain modifications, highly conducive to the prevention of disease; while the stomach and body of the higher orders, being deprived of their greatest protectors, exercise and temperance, become in the first place disordered, and gout, or any other morbid action of the system, is consequently engendered.

These observations indicate also the manifest influence of the stomach, and its powerful sympathy in gouty as in other diseases.

Let it not be imagined, from the foregoing

remarks and conclusions, that I am advocating principles of entire abstinence from animal food or fermented liquors. This is far from my intention, for I am fully convinced of the propriety and necessity of their assistance; and I conceive that, in the artificial state in which "we move and have our being," the climate which we inhabit, the inclemencies of season, exposing the body to the sudden and violent changes of temperature, and the various preternatural excitements of the mental and corporeal faculties, all powerfully prove the utility of those admirable restoratives and contributors to health, when applied in moderation; and it is therefore doubly important, in our efforts to remove disease, that these adjuncts to nature should only be called in to our assistance under the most experienced and careful conductors. That the abuse of any system ought not to be instanced against its moderate use, is an established axiom. The observations of my friend, Dr. Clutterbuck, a physician of extensive experience and justly acknowledged talent, are so much in accordance with

my own views, and so excellent in themselves, that I have great pleasure in introducing them:—

“The value of *temperance* (another word for *moderation*) cannot, certainly, be too highly estimated; yet it does not follow that an entire abstinence, either from *animal* food or *intoxicating* liquors is, generally speaking, desirable or useful in such a climate as the one we live in. On the contrary, observation would lead me to believe that what is usually termed *good living* (by which I would be understood to mean a *moderate* indulgence in the pleasures of the table) conduces both to the attainment of vigorous health and the prevention of disease. The body, when in health and strength, appears to be more steady in its movements, and less readily disturbed by external causes, than when debilitated by privation or other means.

“We may the more readily admit this, when we advert to the numerous instances that fall under almost daily observation, of individuals who live to a great age, with an extraordinary exemption from disease, whose habits of life are nevertheless far from temperate.

"This *comfortable* doctrine, as it must be allowed to be, is not (merely on that account) to be condemned : nor will it, I trust, be repudiated by my present hearers. For myself, at least, I confess I am not of the *ascetic* tribe of philosophers, who denounce as sinful everything in the shape of *enjoyment*, and who inculcate the notion that the only path to heaven is thickly strewed with thorns and briers."*

In persons suffering from asthma, many of the leading symptoms of indigestion may be discerned. The well-known sympathy of the pneumogastric nerves will perhaps account in a great degree for the powerful effect a disordered stomach has in reproducing attacks of spasmodic asthma, as well as the loss of voice.

It appears that the liver becoming overloaded with its portal blood, and the venous circulation consequently much impeded, an excess of carbon takes place, and congestion to a considerable extent occurs in the organs of respiration. The blue lips, the oppressed breathing, the moist skin, the flushed countenance, all be-

* Vide *Lancet*, 1842.

tray an inequality of the vital force. The pulse is sometimes hurried and irregular; the appetite, during the attacks, varied; the bowels are costive; the secretions from them ill-conditioned and scanty; the kidneys irregular in their functions, the excess of carbon being characterized by the brick-dust appearance in the sediment of the urine, which at other times is limpid, pale, and copious.

In the varied phenomena of life it is difficult to explain the medium of certain organs becoming objects of disease, and their predisposition to it. It is equally mysterious that one member of the same family should be afflicted with insanity, pulmonary, or any other presumed hereditary disease, while others are entirely exempt.

It may be replied that diseases are frequently engendered from accidental circumstances, and this may fairly be admitted; but it does not include all those deviations from health which are productive of the most serious and frequently fatal results.

The ample stores of physiology, and the researches of pathology, have as yet been unable

to account for the multiplied forms of disease, or the various objects of its attacks.

Asthmatic patients are generally the subjects of dyspepsia, and, like those afflicted with gout, are usually reminded of the recurrence of its paroxysms by the loss of appetite, and the other well-known symptoms of indigestion which affect them.

It is not my intention to condemn the remedies universally adopted in the treatment of asthma; the distressing effects of that disease often requiring the application of prompt and immediate means of relief; and for that purpose æther and opium,—counter-irritants and expectorants,—are most essential; but I would direct my measures to the regulation of the digestive functions, by a system of diet and regimen and those medical rules which I have frequently referred to in this volume.

It has generally been remarked that asthmatic persons have voracious appetites, and can but with difficulty be restrained from indulgence in large quantities of food: this must prove the want of that equilibrium which is important to be maintained in all the functions of life.

The number of respirations being much augmented, a greater quantity of oxygen is absorbed, and therefore a like volume of carbonic acid is produced. The necessity for food which contains carbon and hydrogen must be in proportion to the amount of inspired oxygen, or, as Professor Liebig has significantly expressed it, "the animal body acts as a furnace which we supply with fuel:" the food is the fuel; with a proper supply of oxygen, we obtain the heat given out during its oxydation or combustion.*

The natural number of respirations is about eighteen in a minute; and when we often observe that in cases of asthma the respirations are more than doubled, it accounts for the emaciated appearance of such persons, and proves the destructive effects of increased oxygen.

Bleeding has often been adopted in the treatment of asthma, and I confess with but little advantage, for it appears only administering to an effect rather than the cause; the relief it affords to the pulmonary vessels is merely of a temporary nature, and, I think, ought only to

* *Animal Chemistry*, p. 23.

be prescribed in cases of great urgency; whereas the diminution of vital force it occasions is much to be feared; and as in many asthmatic patients no benefit can be obtained unless expectoration takes place, it is evident that the loss of blood will retard this secretion, and render the return of the paroxysms more certain and frequent.

It has been customary by many writers on asthma to reprove in the strongest terms the use of purgatives; but, with all deference to such opinions, I venture to state that I have seen them, when properly and judiciously prescribed, productive of the greatest benefits.

It must be evident that all accumulations in the bowels not only mechanically, but physiologically, interfere with the functions of the chest. Pressure of distended abdominal viscera upon the diaphragm interferes with the expansion of the organs of respiration, while the loaded state of the venous circulation prevents a free passage through the lungs.

Now, as the abdominal pressure and obstructed venous circulation are to be mainly attributed to the accumulations of matter in the alimentary

canal, and the turgid or gorged condition of the blood in the liver, it is fair to presume that by depleting the bowels we not only remove the mechanical pressure, but also promote a healthier action in the organs of digestion:—" *Nil tam ad sanitatem et longevitatem conducit quam crebræ et domesticæ purgationes.*"—Bacon.

Aged and debilitated persons require the use of purgatives more than those in early life ; and in patients who have long suffered from attacks of asthma it is even more important that their bowels should be kept perfectly free, as they are usually constipated and with difficulty acted upon.

Mild aperients, when carefully administered, remove the accumulation of viscid mucus which generally obstructs the mouths of the vessels, facilitate the absorption of nutriment, and thereby invigorate the constitution.

The diseases which arise from indigestion, and from its frequent mistaken appearance and consequent neglect, are so various in their character and results, that indigestion appears to me almost an inexhaustible mine for the production of all human maladies.

Of late years I have witnessed the formidable inroads it has made upon the constitutions of various patients. In some there have been considerable enlargements of the joints, mesenteric tumefactions, glandular swellings of the neck and throat, and ultimately the seeds of pulmonary consumption have been germinated, which are consequently denominated *Dyspeptic Phthisis*.

In these cases the attack is preceded by symptoms of indigestion, pains and tightness in the chest, and difficult or oppressed breathing. The mouth becomes parched, and the tongue dry; morbid derangement of the biliary secretions, loss of appetite, and symptoms of general debility, cough hard and dry, with little expectoration; the skin hot, and the pulse hard and frequent, the countenance flushed at intervals, glassy eye, anxiety and restlessness.

These symptoms indicate the impending danger, and are considerably increased should the patient indulge in a free mode of living, as is frequently the case.

Often have I seen tonics and cordials, with opiates, administered to remedy the debility,

and allay what is usually considered nervous irritability ; but this mistaken course of treatment only tends to perpetuate the mischief, and lull the patient into a false state of security.

The second stage of this disease is marked by an increase in all the symptoms. The expectoration, which was at first limpid, glairy, and trifling, now becomes thick, viscid, and tough, resembling pus, with occasional streaks of blood ; and as the disease progresses, this expectoration increases, night cold perspirations ensue, and the patients sink into a rapid pulmonary consumption of an ordinary kind.

I confess the usual characteristics of purulent matter, in contradistinction to mucous secretion, are not always to be relied on, and must not in these cases be considered as forming the basis on which to exercise an indubitable judgment.

In the incipient stage of dyspeptic phthisis, there will be found great tenderness upon pressing the epigastric region, preternatural fulness in the left hypochondrium, flatulence, and distension, with irregularity in the bowels, coated tongue, acid eructations, appetite impaired, sometimes voracious, at others disgusted with

the sight of food. The biliary secretion defective and ill-coloured. The urine high-coloured and carbonised; sometimes scanty, at others copious and limpid. The breathing becomes short, and on any extra exertion is rendered difficult and oppressive, with uneasiness in lying on either side.

The hectic fever now assumes its appearance, the countenance is flushed, and expectoration commences, with a dry cough. The skin is hot and dry, and considerable evening febrile exacerbation takes place.

The usual pulmonary emaciation is comparatively slow.

It is at this period of the disease when the eye of the experienced practitioner will at once distinguish it from true consumption, and the adoption of that mild alterative mode of treatment so often alluded to in this Work will prove highly beneficial.

The pneumogastric sympathy will explain, in some degree, the phenomena of dyspeptic phthisis; and as the improved condition of the digestive functions manifests itself, so will the corresponding pulmonary symptoms participate

in the general advancement to health; for little doubt remains in my mind that a morbid state of the digestive organs will produce a similar diseased affection of the lungs, if at all pre-disposed.

If we assume that in one minute ten pounds of blood pass through the lungs of an adult, we can readily imagine what an injurious and destructive effect increased circulation must have on the lungs. The liver, spleen, pancreas, and stomach are all supplied with blood from one common arterial trunk: it therefore of necessity must occur, if the functions of these important organs are suspended, that a greater volume of blood is thrown back upon the whole system, increased temperature is induced, and in pulmonary diathesis the most formidable disorganization may, and frequently does take place. The *nerves* convey power to the different organs of digestion for the performance of their functions, but in vain; the safety-valves of the constitution are closed; consequently the entire system becomes disordered and emaciated, as the elements of blood are imperfectly

formed and irregularly supplied for the wants of the whole human frame.

As modes of treatment must be varied according to symptoms, they would, perhaps, be more fully exemplified in the enumeration of Cases, as in the chapter on Low Spirits; and therefore, under that impression, I have selected a few of the most striking.

CASE I.

MR. F——, aged 35, of a low stature and irritable temperament, had been affected with Dyspepsia for the last six years, gradually arising. First, he had a sense of heaviness at his stomach after dinner, with drowsiness: and faintness, trembling, and headache, about an hour before dinner; then, in a little time, succeeded loss of appetite, sudden transient distensions of the stomach, which were relieved by throwing off a quantity of wind; habitual costiveness, to relieve which he had frequent recourse to aloes,

jalap, &c., which never fail to aid the disease rather than subdue it ; at last pyrosis, or rising of a glairy fluid from the stomach in a morning, joined its obstinate influence to the before-mentioned symptoms, and destroyed all enjoyment of food. A few weeks after the concurrence of the above symptoms, the vigour of health was completely prostrated, and a constitution naturally robust (produced by the healthy occupation of an agriculturist) greatly emaciated. The foundation of his disease was laid by indulgence in spirits, wine, and high living : in this course, from the imperceptible effect which it at first had on his constitution, he thought he might persist with impunity ; but time soon convinced him of his error, and he was obliged to renounce all those unnatural stimulants, and adhere to a simple mode of living, which however was now of itself insufficient to check the progress of disease ; and it soon became indispensably necessary to apply for medical assistance. As he had alienated himself from his irregular habits and propensities, the first intention of cure was accomplished ; therefore I considered the state of the stomach to be now of the greatest

importance. To remove those crudities, which the loss of appetite, sense of weight, and eructations, clearly proved to exist, I directed vomiting by means of the Antim. Tart.; then, to correct the secretions, which had acquired much acidity, and to obviate costiveness, I prescribed a rhubarb and magnesia draught, with small doses of calomel. In a short time the fæces became more natural, losing that firmness and greenish cast which they had acquired. The medicines procuring him two easy motions every day, relieved the fulness and distension of the stomach; and the absorbents had the desired effect of counteracting the acidity. His diet consisted of a very light animal food, chicken broths, the most delicate kinds of fish, &c., taking very little each time. After a perseverance in the above remedies a short time longer, the symptoms, for which I directed them, were removed; and then it became necessary to restore that tone and action to the muscular fibres of the stomach which they had lost, and to give the organ itself vigour to perform its functions; for this intent I prescribed tonics

of gentian, myrrh, and sulphate of iron, with occasional doses of senna and salts.

These recalled his appetite, and removed the pyrosis, headache and trembling, and shortly after he enjoyed his meals more than he had done for six years; his bowels were daily relieved; and, with exercise, his health was soon restored, and his strength returned with surprising celerity.

CASE II.

A GENTLEMAN, in the fortieth year of his age, was become so debilitated, through a mistake of his real complaint, as to have been brought almost to the brink of the grave. The most grievous symptom he laboured under, when he applied to one of the faculty, was alarming palpitations of the heart on ascending an eminence or using the slightest exertion,

which obliged him to stop instantly, through fear of fainting; his breath was also checked, and his face and hands became of a livid colour, betokening a great difficulty for the veins to return the blood to the heart. From several cases of malformation of the heart, ossification of its valves, aorta, coronary arteries, &c., which have been found on dissection, and are usually thought to occasion those dreadful sensations described, his medical attendant was led to believe his was one of those cases, and accordingly employed the ordinary means which reason and experience have directed, such as frequent and great bleedings, an abstemious course of living, with little exercise, and anodynes to blunt the shafts of death, conceiving it impossible to remove the cause. He thought it was his duty to intimate to him the difficulty of his situation, and the insufficiency of medicine to perfect a cure; and also proposed further advice, should he feel any inclination for it. I was then called in. From the statement of the other practitioner, the appearance of the patient, and several of the concomitant symptoms of Dyspepsia he complained of, I conceived his

present disease was closely allied to indigestion, and that the palpitation and shortness of breath (which are frequent attendants on Dyspepsia) proceeded from debility and want of energy in the vessels, rather than malformation or disease of them or the heart. With this view I proposed the trial of tonics, with a more generous diet, and small doses of pil. hydrarg. and rhubarb, to rectify the stomach, and remove that obstruction of the intestines which had long continued. A short space of time convinced me of the truth of my suggestion, and hope began to beam upon the countenance of the patient, who had been cast into the deepest melancholy by the opinions that had been expressed on his case. The violent pulsations of the heart were considerably moderated, and his breathing, which had been affected by the impeded motion of the blood through the lungs, consequently alleviated. A little perseverance in the medicines, with cold bathing, added vigour to his system, and entirely removed the symptoms I have enumerated, with that languor, uneasiness, headache, nausea, trembling, hiccough, dejection, flatulence, and

distension of the stomach, which he had long experienced. His pulse, which had been very irregular, became natural, and his tongue free from that tenacious fur which had denoted an imperfect digestion. The blood assumed its accustomed vivid hue upon his cheeks, and, in short, his friends had soon the ineffable satisfaction of seeing him enjoy his pristine health.

From the above case, it is evident how fallacious are the appearances of disease, and how difficult it is to discriminate between those diseases which bear so great an affinity to each other in symptoms, but require a treatment diametrically opposite; for the remedies proper for the one would most surely prove fatal if applied to the other; and it is to be regretted that there are no certain criteria by which we might easily distinguish the real cause, and know at first sight what method to pursue; but, the man of experience is the only arbitrator on whom we can rely, and who, from the collected appearance of the subject, can draw a safe judgment.

CASE III.

AN unmarried Lady, between 30 and 40 years of age, was seized with a severe pain in the epigastric region, and had complained of it two days before I was called in. She was troubled also with nausea and violent retchings, without being able to dislodge the contents of the stomach; heartburn, and an inordinate desire for chalk, slate, and even ashes; which clearly indicated great depravity of digestion, and the presence of acidity in the stomach. She had frequently complained of late of a peculiarly unpleasant sense of taste in a morning, and her tongue had acquired a permanent whiteness; the stools a blackish-green cast, and the catamenia were deficient, and nearly colourless. The eructations were distressing; and, in bed, she had the sensation of an enormous weight on her chest. The pulse, during the violence of the pain, was at the rate of 70 in a minute, and of a natural softness. She had much habituated herself to the use of tea, and a rich full supper just before going to

bed; therefore it was not surprising that the organs of digestion should become greatly impaired, and her rest be disturbed by frightful dreams;—indeed, natural sleep had entirely forsaken her, and, to obtain repose, she had recourse to the baneful power of laudanum. These afflictions and habits combined, were quickly undermining her constitution; they soon destroyed her appetite and proper digestion; gradually increased costiveness, and the above symptoms; and, at last, produced that violent pain which promptly demanded medical assistance. As she had taken an emetic the preceding morning without relief, I considered the present nausea and inclination to vomit were the effect of the narcotic, from its improper use; and upon a little inquiry, she owned that she had swallowed 60 drops of laudanum the night before, and a similar dose about two hours previous to seeing me; therefore my method to allay this excessive irritability was to prescribe saline effervescing draughts, with magnesia; at the same time applying warm fomentations to the parts which were most painful. In the space of eight hours

the sickness was much modified, and the pain greatly diminished. Two profuse evacuations from the bowels succeeded, but they were indicative of bad digestion; accordingly, after a more perfect cleansing of the alimentary canal, I ordered stomachics and gentle tonics; and, very soon after, I was enabled to employ chalybeates with strong bitters, and occasional doses of pil. hydrarg., with inf. sennæ, which had the beneficial effect of recovering the powers of digestion, and by imparting vigour to the habit, enabled it to throw off the secretions in a full and healthy quality, which is of such infinite importance to the proper regulation of the human body. I forcibly impressed upon her mind the necessity of following a regular manner of living, and the great advantages accruing from early rising; and, by a strict adherence to temperance and exercise, she has since continued perfectly well.

CASE IV.

A MARRIED Lady, from a continued irregular life in the gay metropolis, had become so diseased, that a removal into the country was judged necessary by her physicians; when she not only laboured under the common symptoms of Dyspepsia, but indurated tumours on several parts of the body were observable, together with violent cramps in the calves of the legs, audible palpitations, and severe headaches. These symptoms were, apparently, much relieved after coming into the country, till she was suddenly deprived of reason. During the nights and in the mornings she talked incoherently, but throughout the day she had intervals of sensibility. While she continued in this way, the debility, nervous trembling, and despondency disappeared, and her pulse was firmer than usual. She had no pains in her head, but complained of an uneasy sensation and confusion, Being costive, she took some purgative medicine, but obstinately refused every other kind whilst her mind was

in that deranged state. However, in a few days she became better, and in a fortnight recovered her reason, but relapsed into her old complaints, which were daily gaining ground on her constitution. She was now convinced of the necessity of trying some further means to prolong her life, and, in that hope, submitted herself to my care. From the mass of disease which presented itself, I could entertain but little hopes of relieving, much less of curing her; however, I ordered the mild alterative treatment, with occasional purgatives.

It was some days before these medicines had any visible effect except that the bowels were rendered soluble by them, occasioning an evacuation every morning of foetid matter. She took but little food more than chicken-broth and asses' milk, of which last I recommended her to drink a tea-cupful every morning fasting. On the tenth day from the administration of the medicine, the motions became of a more healthy consistence and colour, and she was more free from spasms; her rest also became better, and she felt more easiness at her stomach. The pills creating a slight

degree of ptyalism, I directed her to take them every other night. After some perseverance, the hardened tumours seemed disposed to subside, and upon the whole her health was materially improved. I continued the medicines as long as the fæces and tongue testified an imperfect secretion in the stomach, gradually ordering the tonic ingredients. The oppression at the chest was so much abated that she ventured to eat some chicken and other light and simple food, which causing no uneasiness, and the chylopoietic viscera resuming, in some measure, their healthy functions, I omitted the alterative and continued the tonic system.

Some weeks after employing the above, the uterus resumed its periodical evacuations, which had not been the case for three months previous. Her appetite was now extraordinary, and digestion improved; the palpitations, nervous irritability, and trembling, vanished, and the tumours were dispersing. At the end of the third month from her arrival in the country, she returned to London, with a firm resolution to shun every path which might lead to the sumptuous table of the extravagant voluptuary

I have since had the pleasure of hearing she continues an abstemious course of life.

The preceding extraordinary case strongly proves the sympathy which exists between the stomach and brain : from the dyspepsia proceeded that excessive irritability and derangement of the mental faculties ; and when the brain was excited, it diffused a preternatural stimulus to the system, consequently imparted a temporary degree of vigour to the organs of digestion, and removed the dyspeptic symptoms : but, as being the effect of preternatural excitement, it could not possibly continue ; therefore, when the irritability of the brain subsided, the symptoms of indigestion returned, but a much greater degree of debility prevailed, because every part of the body had undergone an unnatural exertion, and the nervous system was to be expected to participate in this morbid affection, which would soon have destroyed life.

CASE V.

A MARRIED Lady was recommended to apply to me for advice in the month of September, having been afflicted with symptoms of dyspepsia for some months preceding. She had suffered from extensive hæmorrhage subsequent to parturition, which produced faintings and great debility. Notwithstanding the utmost care being taken, she caught cold, which kept up a continual nausea, shivering, and pain. However, by the necessary antiphlogistic remedies, she in some measure recovered, and had sufficient strength to leave her bed; but her appetite was defective, and the nausea returned at intervals. Her bowels had been very irregular, and the evacuations were deficient and ill-coloured. When I first saw her, the muscular parts of the body were very much wasted, her eyes sunk into her head, and her skin had the appearance of being daubed with white paint; a mere skeleton, covered with integuments, appeared before me. She now complained of pain in her forehead, and parti-

cularly in the balls of the eyes; troublesome distension; weight and sense of choking at the stomach; trembling and palpitations upon moving the body, with œdematous swellings of the legs and ankles; sickness and vomiting. Now, as these symptoms proceeded from exhaustion through a deficiency of vital energy, my object was to restore it as quickly as possible: and as the first step thereto is to calm the nervous system, I prescribed a full dose of tinct. opii in cinnamon water, and relieved the bowels and flatulence by means of a clyster with assafoetida in it. About four hours after she had a copious motion, and passed a quantity of wind, but the stomach still continued irritable, and scarcely anything would stay upon it: as the anodyne was rejected, I employed it in a broth clyster, and ordered the epigastric region to be rubbed frequently with a liniment composed of opium and camphor. These applications, in some measure, palliated the urgency of the symptoms. The next day a degree of tranquillity was restored to the stomach, yet convulsive twitching motions of the muscles were evident. I then advised the

administration of broths of the most nutritious kind, divested of all fatty matter, and prescribed small doses of opium, continuing the use of the enemas. In a few days I had the satisfaction to find the stomach more tranquil. And now the primary object appeared to be to obviate a recurrence of the symptoms; which was to be effected by producing a degree of reaction in the *prima via*, by giving small doses of pil. hyd. combined with opium, inf. sennæ, and manna: these evidently procured the greatest relief, as considerable discharges of thick mucus were the consequence. I eagerly pursued this plan for some time, till the alvine secretions denoted that the liver had resumed, in a great degree, its proper functions. The evacuations were manifestly becoming daily improved in colour and consistence; and with the use of tonics, in combination with occasional doses of opium and calomel, her health was considerably amended. I then recommended cold bathing, air, and exercise to a degree without experiencing fatigue, which ultimately succeeded in re-establishing her health.

CASE VI.

MRS. B., aged 43, the mother of nine children, was attacked, in the autumn, with violent pains in her head, and vertigo; her hearing became affected, and her vision quite impaired; her appetite was extremely defective, and she suffered great prostration of strength. She was nervous and irritable; her pulse was hurried, at other times languid and feeble; her tongue much coated with a white tenacious fur; considerable tenderness in the epigastric region; costive and clay-coloured evacuations; œdematous swellings of the ankles, and a species of hemiplegia, having nearly lost the use of one side of the body. In this deplorable state she had been attended for some months by a respectable medical practitioner, who prescribed tonics and a generous diet, attributing her disease to atony; but this plan appeared to aggravate all the symptoms so much, that, her vision becoming daily worse, she was ordered to consult an eminent oculist in town, under whose care she continued for

some time ; but he, judiciously considering that her blindness arose from some constitutional causes, as he could discover no organic disease of the eye, recommended her to have some other opinion. I was, in the spring, requested to visit her, and considering her disease as emanating from dyspepsia, which opinion all the symptoms warranted, the usual routine of medical application was commenced, varying them as the circumstances demanded. I also adopted the most rigorous methods as to diet, air, and exercise. I had the good fortune to find my patient possessed of a superior mind ; and my plans having been scrupulously adhered to for three or four months, I soon enjoyed the great satisfaction of seeing an amiable woman restored to health. She has since been occasionally subjected to slight recurrences of her disorder, but, by the adoption of early and decisive remedies, they have as speedily disappeared.

CASE VII.

A YOUNG Lady, 17 years of age, applied to me in the autumn. She complained of pain in her chest, difficulty of respiration, dry skin, cough, with considerable expectoration of purulent matter; menstrual obstruction for some months; costive evacuations, and ill-coloured; indigestion and loss of appetite; pulse quick and hard. I could not but be alarmed at these formidable symptoms; but considering that they might be ameliorated by regulating the secretions from the liver, and procuring more frequent evacuations from the bowels, I recommended perfect quietude, simple farinaceous diet, with an even temperature of her room, and adopted an undebilitating course of mercury, with saline purgatives. The disease withstood these remedies, and the action of the blue pill was much retarded. Indeed, I have frequently experienced in these dyspeptical phthisical cases the greatest difficulty in producing mercurial affection. However, in the course of a month the glands in the neck

became swollen, and ultimately suppurated, and I then ascertained that the liver and bowels were more active, and the symptoms much alleviated. Sometimes, however, the patient was hysterical, at others phthisical. By watching these various appearances, and applying the suitable remedies, her constitution gradually yielded to the treatment adopted, and she has continued well since.

CASE VIII.

A GENTLEMAN, 50 years of age, had been for several years afflicted with gout. In his habits he was temperate and active; occasionally subject to cough and pain in the chest, but otherwise in the enjoyment of general good health. During the spring, from long exposure to cold, he was attacked with inflammation of the chest, which, after considerable difficulty,

yielded to active measures, but left him desponding, and exceedingly debilitated. During the succeeding summer he became dyspeptic; the pain in his chest returned; his gouty paroxysms had forsaken him, and he appeared much emaciated; and notwithstanding my earnestly suggesting the alterative treatment and dietetic plan I have frequently alluded to, and expressing my confidence in its success, his family became alarmed, imagining that consumption had fixed its firm seat; and he consulted a physician in London, eminent for the treatment of pulmonary diseases, who at once confirmed their fears, and stated to me that with his stethoscope he had detected tubercular disease in the lungs. I, of course, bowed to his opinion, and the treatment he suggested was strictly adopted for several months, but certainly without the slightest improvement in health. The patient continued coughing, and the dyspeptic symptoms were aggravated. In this state they were again induced to adopt the alterative plan, as recommended by me, for several weeks, which so far restored him, that his gout slightly returned,

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and he was enabled in the November of that year to undertake a voyage to a warmer climate, still continuing the plan. He returned to England in the May ensuing, perfectly restored. This case appears to confirm the important dominion the functions of digestion possess over the whole system; and too frequently have pulmonary diseases been confounded with dyspeptic. Even when the predisposition to disease of the lungs does exist, it may be controlled by proper vigilance and attention to the alterative treatment; for experience has proved that these means will mitigate, if not remove, many of "the ills that flesh is heir to."

CASE IX.

A LADY, 55 years of age, had for some time complained of pains in her stomach, restlessness, giddiness, and dimness of vision; her pulse was full and slow; her appetite faulty,

indeed, loathing the appearance of food ; her bowels costive, skin dry, and she had suffered much mental anxiety. On my visiting her, I ordered the dose as directed in the first case, which effectually relieved the bowels. She appeared better, and continued improving for several days ; but, after passing a restless night, the pain in her stomach returned, her body became distended, and this was accompanied with considerable flatulent discharges ; her countenance anxious and distressed, with all the formidable train of dyspeptic symptoms. Indeed, a more striking case of indigestion could not have been witnessed. In spite of all the remedies, little or no relief could be obtained ; several weeks elapsed, when she was seized with violent vomiting, and voided at least three pints or more of grumous blood and serum : this, of course, increased my anxiety and alarm in her case. I then directed perfect repose, with saline effervescing draughts, and small doses of opium, as a cordial, together with a simple farinaceous diet, gentle laxatives of manna, and mucilage of castor oil. To the surprise of her family, she gradually improved.

I therefore ventured to prescribe small and undebilitating doses of pil. hydr. and rhubarb, with decoction of sarsaparilla, relieving the bowels occasionally with senna and manna, varying this treatment as the state of the secretions required; and with considerable watching, and attention to the appearance of the secretions, she was ultimately restored to health.

This case must still further corroborate the proof of the insidious mischief that indigestion gradually commits. The origin and cause were no doubt to be attributed to improper and excessive diet, neglect of the ordinary evacuations from the bowels, and the usual routine of fashionable indulgence in a habit singularly predisposed. Nature relieved herself of the accumulated burthen, though the digestive functions were left irregular and impaired, but the grand restoratives, diet, regimen, and attention to the secretions of the liver, eventually prevailed.

CASE X.

A YOUNG Lady, aged 26, had been suffering for the last six years with violent pains in the lumbar region, the paroxysms of which were frequently so severe as to require powerful doses of opium, and warm baths, which were, of course, but a temporary relief; her general health was much impaired, and she had scarcely left her couch for the last two or three years; her appetite was impaired, her pulse quick and feeble, the bowels irregular, the biliary secretion defective, and notwithstanding her amiability of temper, she was peevish and irritable; the uterine functions were much disordered; the urine was limpid and sometimes copious, with a brickdust sediment. She was much emaciated, and her disease presented one of the most distressing cases I had ever witnessed of indigestion. Her history was most interesting. She had been attended previously to my seeing her by thirteen medical men, some of the most eminent in the profession, and her case was considered hopeless, the general

opinion being that a calculus was lodged in the left kidney, and that the dreadful paroxysms of pain she endured in the lumbar region were attributable to it. Setons and blisters had been employed.

After the opinions that had been given (and to these I was bound to pay the utmost deference, from the justly-acknowledged talents of the men who had formed them), I could not feel desirous of interfering, still less could I hope that any remedial measures suggested by me would be beneficial; but, considering that the alterative and dietetic symptoms I have so frequently here explained, could not aggravate the formidable ills that prevailed, I decided upon their adoption. For the first two or three months little benefit was apparent; the distressing paroxysms were, if anything, not quite so frequent or severe. The bowels were more open, although the evacuations retained their slimy, mucous, clay-coloured character; but my patient (for indeed she truly was so) rigidly persevered. Months passed on with but occasional relief; but previous to the expiration of my year's attendance, I had the highest gratifi-

cation in finding all the symptoms yield. The paroxysms of pain had subsided, the bowels were regular and healthy, and the other important organs had assumed their duties; so that the poor invalid was amply repaid for her perseverance by her eventual restoration to health. The result proved in the most striking manner the powerful influence exercised by the digestive functions over the whole frame.

CASE XI.

THE daughter of a respectable tradesman, aged 18, had been for the last five years not only totally incapable of walking, but even of standing, or of moving her legs without violent pains. In the spring I was requested to see her. The history of her case was this:—She had five years since complained of gradual inability to walk; her stomach had continually rejected food; she was peevish and irritable,

and at school declined to mix with her companions; her countenance was pallid, and her whole frame progressively wasting; and from being one of the most healthy-looking and good-tempered active girls, became indolent, dull, and morose. She got worse and worse under the best medical advice her father could procure, and appeared gradually sinking. Her case excited much compassion in the neighbourhood, and several benevolent ladies prevailed upon her parents to allow them to get her admitted into one of the hospitals in London, where she remained for many weeks. Her spine was blistered; she was put under the slight influence of mercury, electrified, had the warm bath, was cupped; and, in fact, everything possible was done for her; but she was brought home much more emaciated, and altogether in a hopeless and distressing condition; and in this deplorable state she remained for five years, with little remission of the symptoms. Her appetite had fluctuated much; but her inability to walk or stand was unaltered, and she had violent pain and a choking sensation in her throat when she attempted to do so. It was in this

melancholy state I was requested to see her. I found her pulse feeble and weak, skin dry and horny, tongue white and coated, a sensation of distension and tightness about the epigastrium and præcordium, and a feeling of coldness at the stomach, with flatulence; the stools were deficient in bile, and the bowels generally irregular, sometimes constipated, at others relaxed; the urine, muddy, dark coloured, and depositing a brownish sediment; the uterine functions, from the age of thirteen, had been irregular and unhealthy. Reviewing, as I did, all these symptoms with attention, I then examined the spine carefully, but was unable to detect any irregularity or tenderness upon pressure, or indeed any local malady, and I therefore concluded that this was a case of dyspepsia under its most aggravated form and character, and directed my remedies in the most careful manner, beginning with a thorough depletion of the bowels and stomach; afterwards I prescribed, under various circumstances, that mild alterative treatment to which I have so frequently alluded, with animal and farinaceous diet, and directed her to be wheeled into the air every

day that the weather would admit. In a few weeks she appeared better; her appetite was improving, her bowels were more regular, and the colour much altered; the liver gradually began to resume its functions; her spirits were better, and her ability to move became evidently increased. She soon attempted to walk with assistance from her bed to the opposite side of the room, and in a few months, to the astonishment not only of myself, but of every one who witnessed her case, she was enabled to resume her domestic duties, and is at this time in perfect health, and quite as capable of walking or running as at any period of her life. This case, viewed physiologically or pathologically, presents an interesting history to all medical practitioners. The morbid sympathy induced by the deranged functions of the liver and stomach upon the brain, was never more powerfully developed. The capability of motion corresponded with the improved condition of her general health. It is probable that there had been pressure from serous effusion either on the brain or medulla spinalis; and as the improved state of the digestive functions ren-

dered the absorbent system more effective, it also accounted for her extraordinary recovery.

CASE XII.

A FIELD OFFICER in the East India Service, in consequence of an attack of fever and dysentery, became so much invalided as to be sent to England for the recovery of his health. The sea voyage at first appeared to recruit him, but he landed emaciated, enfeebled, and scarcely able to walk. For some months after his arrival he was placed under the most able medical treatment, and had tried change of scene and air and sea-bathing; but he was restless, impatient, and dissatisfied with every remedy suggested to him, and did but little credit to the justly-acknowledged professional talent which he had consulted. But it sometimes occurs to invalids that "trifles light as air may prove confirmations strong." He had read this little volume, and decided upon seeing me in the

spring of last year. He appeared generally diseased. His countenance may be denominated as a visceral one; he was dejected, waspish, and irritable; skin yellow and dry; violent cough by paroxysms; pulse hard and quick; abdomen enlarged and tympanic; breathing short on the slightest exertion; depraved appetite; frequent rigors; bowels generally costive, with much discharge of blood; and hæmorrhoids, or piles, which were distressing to him. I at once stated that little more could be suggested for him than that already prescribed by my able predecessors; and unless he had made his mind up to a steady perseverance in the system I should adopt, it would be in vain to commence it; and that I further felt anxious not to take charge of him unless he strictly pledged himself to pursue it. He promised, and I believe fully performed.

The mild purgative system, with cold water injections up the rectum, and a few drops of hydrocyanic acid three times a day, with occasional small doses of opium, soon allayed his extreme nervous irritability. I then directed his diet to be sparing, and to consist of animal

and farinaceous food, boiled rice and milk, abstaining from all vegetables; small quantities of wine of a generous character; decoction of sarsaparilla, with manna and tincture of cardamoms; exercise in the air in an open carriage, with sufficient warm clothing; early rising and retiring to bed; cheerful society; and, so soon as he was capable, horse exercise. In a few months he became much improved in all his symptoms. I then recommended him a tour to the seacoast last autumn. He is now quite well, and intends returning to fulfil his military duties in a few months. This is another illustration, that however climate and arduous professional duties may impair the general health, where there is no organic disease, the mild alterative system, with diet and great perseverance, will prevail; but it is found to be too difficult in many patients to persuade them to adopt a course so at variance with their general habits, and requiring so much patience and attention to effect a beneficial result.

CASE XIII.

A GENTLEMAN, who had resided many years in the West Indies, applied to me in July. He complained of severe pain in the præcordium, and difficulty of breathing, which he stated had frequently attacked him during his residence in the warm climate, and which had rendered his existence miserable and distressing. He stated that the paroxysms for the last three years had been more frequent, and their effects were gradually undermining his constitution; that he had suffered from an attack of jaundice; that his medical attendants there had recommended, as the only means of prolonging his life, that he should return to England, and that he had arrived in the autumn of the year preceding. The change had been most beneficial to him, as well as the medical aid he had recourse to, and for several months he appeared recovering; but he had been attacked with diarrhoea, attended with bloody evacuations (this is a symptom I have frequently remarked in patients who have suffered much from the

influence of warm climates), and from that period his general health seemed fast declining. He had tried change of scene and air in vain, became dispirited and dissatisfied; his legs were œdematous; his appetite defective, at other times inordinate; his general appearance emaciated, and his countenance anxious and distressed. In this condition he applied to me. I found his pulse quick and hard; his tongue coated, and his fauces dry; great tenderness about the epigastrium, and the abdomen generally enlarged. His nervous excitement was almost approaching to insanity; his eyes were glassy, and he was becoming hectic. He had grossly neglected his bowels: they were costive and irregular. His urine high-coloured and scanty. He complained much of pains in his loins and legs, and only with difficulty could drag one leg after the other. I commenced the mild purgative system, and ordered also small doses of prussic acid, directing entire abstinence from wine and spirits, a farinaceous diet, with gentle exercise and air, and retirement to a little distance from town. He became progressively capable of resuming his

animal food and horse exercise; the most formidable ills gradually (though slowly) disappeared, and I found that small doses of pil. hydrarg., with extr. of colocynth and decoct. of sarsaparilla, most materially contributed to his restoration to health.

I cannot help remarking on this case, how important became the arrangement of his food. At first all animal matter was rejected; but as the bowels were kept free, and the *quantity* of food carefully watched, as well as the *quality*, the stomach was less irritable, and ultimately performed its office.

CASE XIV.

AN Officer, aged 62, of high rank in the Artillery, who had served many years in India, and previously and subsequently to his return to England had been much invalided from the effects of climate upon a naturally robust con-

stitution, and who, with great truth and justice, remarked that neither rank nor wealth could compensate for the loss of that most valuable of all human blessings, health, consulted me. He had returned home several years when I saw him, and stated, that although upon the whole he was improved in health, yet that he suffered from violent fits of coughing; that his appetite was most uncertain; that he was weary and fatigued on the slightest exertion; that his nights were restless, and his bowels never evacuated but with medicine; and that he had been a martyr to the piles, with occasional discharges of blood, and that his headaches were most severe and distressing. He had been cupped and bled frequently, but only with temporary relief; he felt desponding and irritable. He had committed one of the great errors of our nature, by seeking relief in the haunts of fashionable indulgence. Excess of drinking may be condemned; but what is more mischievous in its results than excess of eating, and that voraciously, at irregular intervals? After he had applied to me, he was suddenly attacked with a violent fit of coughing, and

vomited a considerable quantity of thick grumous blood, which dreadfully alarmed him. I prescribed bleeding, with a gentle purgative, and he voided hardened fæces mixed with coagulated blood for several days. But a mild nutritious diet, with saline medicines and perfect repose, soon remedied the impending danger; and it then became imperative to adopt a course that was in future to preserve his life and restore him to health. I directed purgatives of senna and manna, with small doses of pil. hydr. and pil. rhei, twice or thrice a week, as circumstances required; strict attention to diet, horse exercise, a change of scene and air, with occasional warm sea-bathing; injections of cold water up the rectum every morning, with other remedial measures which have been so frequently adopted in these cases; and his countenance, which had before been of a yellow cast, assumed a clearer hue; his spirits improved, and all the truly desponding symptoms were progressively removed; and I have no doubt that, should he persevere in the rules and regulations I have formed for him, he will eventually be restored to comfort and health. The history

of this case perfectly accords with the pathological view I have ever entertained of the morbid influence of warm climates upon European constitutions. The liver either becoming indurated or incapable of the secretion of bile, consequently the vena porta, with all those vessels returning the venous blood from the mesenteric and intestinal vessels, becoming obstructed, sufficiently accounts for such frequent hæmorrhages as are witnessed both from the stomach and hæmorrhoidal veins; and although the depletion of them by cupping, leeching, or bleeding is highly beneficial, yet it may be regarded as only administering to the effect, and not to the cause.

CASE XV.

A LADY of fortune, residing in the neighbourhood of Chigwell, and deservedly esteemed for the many amiable qualities that adorn her

sex, at the advanced age of 74 was seized with a fit of apoplexy. She had previously complained of pains in her head and giddiness, heat in the stomach, costive state of the bowels, irregular appetite, and general lassitude and debility; but, considering that these infirmities were the natural concomitants of age, she paid but little attention to them, "and seemed rather to endure the ills she had, than fly to others we know not of," and, therefore, these monitors were disregarded. I was first consulted on her attack, and directed the usual remedies of bleeding, leeching, and purgatives, with considerable benefit; and although the brain was much relieved, and her speech restored, yet she was paralytic, and her stomach dyspeptic, with all the aggravated train of symptoms arising from pressure. The liver was inactive; the bowels constipated; the pulse full, frequent, and irregular. However, I adopted the purgative system, with calomel twice a week, occasionally decoct. aloes, leeching the temples, or bleeding. Great attention was paid to her diet and exercise, as, whenever the weather permitted, she took a ride in

her open carriage; and it was extraordinary to witness the beneficial effects of this mode of treatment; for although, at her advanced age, little hope could ever be reasonably entertained that the paralysis would be remedied, yet her powers of motion were much increased. Her appetite and general health were exceedingly good; and, by watching her case, and strictly following up the great principles so often referred to, the remaining years of her existence were rendered happy to herself, and a blessing to all who had the good fortune to be associated with her. Twelve successive years to this attack I had the pleasure of dining with her on her birthday, and of bearing testimony, not only that the great mental faculties for which she was so much distinguished were unimpaired, but disease entirely controlled. A severe attack of influenza terminated her existence when she had just completed her 87th year.

On a review of this history it must occur, that, had the symptoms she first complained of been promptly attended to, the attack of paralysis might have been warded off; for, if

the circulation of blood through the brain could be so controlled by the treatment, even when mischief had arisen, what must be the reasonable inference? Her stomach, liver, and the digestive functions had all become deranged; the blood had been imperfectly formed, and lost part of its *vis vitæ*; congestion consequently took place in the vessels of the brain, producing pressure and paralysis. Thus this case also proves, that at whatever periods of life disease occurs, or whatever description of disorder attacks the human frame, the regulation of diet, regimen, and the management of the bowels, are the most important points to direct our attention to, and the most important advantages to obtain.

CASE XVI.

A GENTLEMAN, residing in the county of Essex, aged 48, had been for the last twenty years suffering from gout. He applied to me about

two years since, complaining of loss of appetite, pains in the stomach and right hypochondrium, general debility, and lassitude; his nights were restless, his bowels costive, with great depression of spirits; the paroxysms of gout had been more frequent and severe; in short, his constitution appeared to be gradually sinking. He had received temporary relief from many of the usual remedies, both from the pretender and the regular practitioner.

Imagining that his present symptoms were allied to indigestion, he requested me to prescribe for him. I directed the mild alterative system of treatment: gentle exercise in the air; his diet to consist of light farinaceous, with a small quantity of animal food once daily; regular hours of going to bed, and early rising; change of scene, with warm salt-water bathing, injections of cold water up the rectum every morning; his drink to consist of small proportions of brandy in water, taken only during and after his meal of animal food. In a few months his health became much improved; he was cheerful, felt quite equal to his previous exertions, and resumed his horse

exercise; but, presuming on the absence of all former symptoms, he ventured to deviate from the path of security by joining again the companions of his old irregular habits, into which he soon relapsed, and, consequently, became dyspeptic and gouty. I then ordered the application of powerful stimulants to the affected parts, with warm water (which I have frequently found highly beneficial in inflammatory attacks of gout), gentle laxatives, &c. He gradually recovered; and although the paroxysms occasionally recur, yet their violence and frequency have been much diminished; his warning symptoms point out to him the remedies; and instead of being a martyr to the gout, his life is rendered comparatively happy by the adoption of the mild alterative system, and by his strictly adhering to the golden rules of temperance and exercise.

CASE XVII.

A GENTLEMAN, aged 73, a retired and highly respected medical practitioner in the county of Essex, for many years of his life had suffered severely from gout; chalky depositions had taken place in several joints; his legs were cedematous, his nights restless, his bowels generally costive, the evacuation sometimes yeasty and frothy; limpid and copious discharges of urine; the tongue was coated, pulse weak and irritable; his appetite was inordinate, with a great desire for all the luxuries of the table. His habits through life had not been very irregular, yet he had lived freely and well. His constitution appearing to give way under late repeated attacks of gout, I was requested to see him. I placed him upon the plan so frequently introduced here, of regulating his bowels and of dieting himself; I also established a system of purging him twice a week, and recommended as much exercise as he was capable of undergoing. The benefits he

derived were never more powerfully evidenced in any case; for although little chance could be calculated upon of removing his disease at so protracted a period of life, yet his whole system was renovated; and not only were his sufferings much mitigated, but his general health was improved, and the evening of his life divested of many of the distressing effects of low spirits and indigestion.

CASE XVIII.

A LADY, the daughter of an eminent surgeon in the county of Essex, came under my care: she had for several years suffered from habitual fits of coughing, wheezing, and difficulty of breathing, and had been as frequently relieved by the usual remedies; but the attacks became more urgent, her general health much affected, and all the symptoms considerably aggravated;

her pulse was frequent and wiry, her skin dry and horny, the tongue coated, and the entire train of dyspeptic symptoms presented themselves, with pains in the chest and right hypochondrium : in this alarming condition she was confined to her room for several weeks. My first plan was, to relieve the chest by blistering and local bleeding, depleting the system by occasional purgatives, directing a mild and simple diet, and even temperature of the chamber. Although compelled by the urgency of the symptoms to adopt this course for temporary relief, which happily succeeded, my mind was nevertheless powerfully impressed with the opinion that all the mischief arose from indigestion ; and I therefore directed my attention to what I conceived the only mode of removing all these formidable evils. For this purpose I prescribed undebilitating doses of mercury and gentle purgatives, occasional counter-irritation on the chest, with bland and nutritious food, and total abstinence from all stimulants. The mild and alterative system was strikingly and beneficially developed ; the violent coughing and difficulty of breathing

became relieved, the appetite returned, the constitution was improved, and several months have now passed away with perfect restoration to health,

CASE XIX.

A DIGNITARY of the Church, in the spring, aged 67, consulted me. He had been for several years suffering from a most painful and formidable cutaneous disease, which had resisted every remedial measure he had adopted by the recommendation of many eminent practitioners; and in addition to this, he had for some time been attacked with severe headaches, indigestion, and general visceral derangement. His habits through life had been studious and sedentary. The continuance of his symptoms had at length induced inflammation in one of his legs, which ultimately suppurated, and discharged an unhealthy pus, with considerable excoriation of

the skin, foetor, sloughing to an extensive degree, and ulceration. His stomach was irritable, occasionally rejecting his food; the secretions were unhealthy; his nights painful and sleepless; countenance anxious, and depicting great suffering; the pulsation weak and irregular; the heart with difficulty maintaining the circulation of blood to the extremities; the appetite irregular. No one could view this case but with considerable fear and doubt, for at that period of life the symptoms all presented disorganization and decay of nature, and the languid condition of the heart appeared too fully to corroborate this opinion. However, it occurred to me, as the only chance of recovery, to direct my remedies to the improvement of his digestive organs, at the same time suggesting the most simple and soothing applications to the wound. My dietary and medical treatment were faithfully observed, and in two months he was enabled to visit Ramsgate. After remaining there for several weeks, he returned home dispirited and uncured, for the sloughing and ulceration had even extended. I confess I felt chagrined and

disappointed; but considering that no other course could be advantageously pursued, I varied the treatment but little, only adapting it to any untoward symptom that might occur, watching him with great care and attention. The disease appeared gradually to yield; I carefully removed the sphacelated portions from the wound, which assumed a more favourable aspect, and it seemed to serve as an index of the improved state of his general health; for in proportion as the liver, stomach, and other digestive organs approached to a healthy state of action, so did the granulation arise, and the *vis medicatrix naturæ* perfect her work, and in a few months he was restored to health. I was gratified in witnessing a valuable and talented man restored to health and society, and resuming his useful sphere of occupation.

CASE XX.

A CAPTAIN in the Madras army, residing in a distant part of England, in consequence of ill health had been obliged to return home ten years since; he had during that period consulted medical practitioners distinguished for the treatment of Indian diseases, but not having obtained any permanent benefit, he applied to me about twelve months ago. He appeared much emaciated; his eyes were sunken; skin yellow, hot, and horny; spirits dejected; sometimes irritable; defective appetite, habitual costiveness, with slimy mucous discharges; urine scanty and high-coloured, with brick-dust sediment, sometimes pale and limpid, and in large quantities; pains in the head; confused noises and giddiness; oppression about the region of the heart, stomach, and liver. What formerly imparted pleasure and satisfaction, seemed now to annoy and disturb him; and although he was an officer of great merit in his profession, and of firm mind and integrity, yet it was

lamentable to witness the inroad which disease had effected, not only in his constitution, but in his hitherto amiable and considerate disposition. I directed purgatives to be continued alternate days for some time, with a mild nutritious diet and regimen; small quantities of brandy and water; the introduction of a pint of cold water up the rectum every morning, by an enema syringe. In a fortnight or three weeks I limited the purgative means to once or twice a week, as circumstances required, and commenced with a mild alterative course of medicines, occasionally ordering doses of hydrocyanic acid, when the stomach or bowels became irritable, or purulent discharges took place, which frequently occurred. He varied much during the last few months, but continued improving in all his symptoms, for they gradually yielded to the mode of treatment. In May last he paid me a visit in town, and I feel much happiness in stating that he was convalescent. This case manifests in the highest degree the efficacy of mild remedial measures in constitutions afflicted with tropical diseases, and also what may be accomplished

by a strict attention to diet and regimen, however formidable the invalid's condition may appear.

CASE XXI.

Miss J., residing in the neighbourhood of Chigwell, was attacked in the autumn with violent pains in her chest, difficulty of breathing, fever, and general derangement of all the digestive functions, which was followed by severe coughing, and frequent expectoration of blood to a considerable degree. The febrile symptoms were urgent, requiring prompt and decided antiphlogistic measures, which ultimately prevailing, left her in a state of extreme debility. Loss of appetite, paroxysms of coughing, and frequent hæmorrhage. I then directed my remedies to allay the pulmonary irritation, by gentle laxatives, counter excitement, &c. The fever happily subsided, but left her dyspeptic, with partial suppression of the uterine functions. I now adopted the mild alterative plan, and

although the symptoms of pulmonary disease frequently presented themselves, yet she continued improving during the winter. In the spring, I recommended a change to the sea air of Brighton, which benefited her much. In the autumn of last year, some of her former symptoms again appeared, but were soon controlled by having recurrence to the former remedies; and for the last five months she has remained perfectly well. In considering the various symptoms of this case, it must afford an additional evidence of the great sympathy between the pulmonary and digestive organs; for as her general health improved, so the cough, expectoration of blood, and other characteristics of consumption vanished. I fear that too many cases of a similar nature are mistaken for a disorganization of the lungs, when they are induced by the disordered functions of digestion. My patient possessed a superior mind, which tended in no small degree to her recovery.

CASE XXII.

MR. B. had suffered for the last twenty years from all the distressing symptoms of indigestion; his case had frequently been considered hopeless by many of the medical profession, and although he had been temporarily relieved, he never had recovered, but was a martyr to this deplorable malady. In the spring of last year, he was induced to apply to me. I found him in a state of extreme debility; tenderness in the epigastric region; hot and dry skin; jaundiced appearance of the *tunica conjunctiva*; countenance full of anxiety; pulse hard, quick, and feeble; frequent and considerable discharges of blood from the rectum; costive and knotty evacuations from the bowels; urine scanty and high-coloured. His mouth and tongue parched and coated; great tenderness about the liver, and, as I fancied, considerable enlargement and induration; and indeed a mass of more disease, or a case of greater difficulty, could scarcely have presented itself. My first mode of treatment was to evacuate the

bowels by gentle laxatives, ordering mucilaginous drinks and simple farinaceous food; I then directed mild mercurial friction on the right side, considering that by stimulating the liver, I might to a certain extent prevent the formidable discharges of blood from the rectum, by relieving the obstructed portal circulation: every variety of untoward symptoms occurred, which were to be combated only by constant and vigilant care; the main point, viz., the improved condition of the digestive functions, was never lost sight of. The mild alterative system was rigidly adopted. The strictest attention to diet was observed. Cold injections every morning were thrown into the rectum; and ultimately the remedies in the most triumphant manner subdued the disease, and the patient at this time is in a state of convalescence.

CASE XXIII.

A GENTLEMAN of considerable reputation at the bar, between 40 and 50 years of age, had

been for many years a martyr to spasmodic asthma. I believe there was scarcely a remedy he had not tried, or a physician of any eminence that he had not consulted. Two years ago, the disease had made such innovations upon his general health, that he was, as a last resource, recommended by his physician to try the effects of a continental tour, and a residence in the more genial climates of Italy and Switzerland. He continued abroad for many months, sometimes exchanging the mountain air for that of the valley; but the attacks returned in spite of all his perseverance, and he was frequently compelled to submit to bleeding to allay the severity of the paroxysms. In August of last year he returned to England, without having experienced the slightest benefit; and despairing of any remedies from the usual medical routine, he was induced to adopt a peculiar system of empiricism which of late has had so many votaries and victims; but all proved in vain. The disease continued with violence, and its distressing effects were more evident. The constitution of the patient appeared to be in a greater degree undermined, and with the

approach of winter the prospect of recovery or relief was but faint, and the hopes of his anxious family began to darken. Mere chance induced this gentleman to consult me; my remedies at first could only be of a temporary nature, for his paroxysms were most severe and painful, and required every immediate effort to relieve them. I easily perceived that this disease was much controlled by the impaired state of his general health, for the bowels were never evacuated but by medicine. The secretions from the liver were defective and ill-conditioned; the tongue was loaded, and the mouth parched and dry. The nights were sleepless; the urine varied in its character and appearance; the pulse was hard and frequent; the skin retained a clammy moisture; the appetite was uncertain, and all the symptoms of indigestion presented themselves in the most formidable array. But his mind was calm and he possessed great fortitude and patience, for a murmur never escaped him.

The first object to attain was to allay the severity of the paroxysms of dyspnoea, and which, by the usual remedies, was happily ac-

complished. I then prescribed purgatives to be taken on alternate days for a week, and afterwards the mild alterative mode of treatment to be followed, with the strictest attention to diet. A few weeks passed on with diminished suffering; the general health bore decided marks of improvement, and in a few months this gentleman was so far restored to health, that he not only remained in his native country, but was enabled to resume his professional duties. The treatment of this important case will, I conceive, fully justify the remarks I have deemed necessary to introduce on the subject of Asthma; and I content myself with referring the reader to them.

CASE XXIV.

A GENTLEMAN, residing at Wanstead, aged 45, consulted me in January. He had been suffering for several weeks with pains in his limbs,

loss of appetite, general debility ; he was much emaciated, his countenance dejected and tinged with a yellow hue ; his eyes sunken and glassy, the *tunica conjunctiva* yellow ; the skin hot and dry ; his nights restless ; pains in his right shoulder ; the evacuations from the bowels slimy, with muco-purulent discharges ; the urine scanty and high coloured, with a brick-dust sediment ; his mouth parched and tongue loaded. The case presented a melancholy aspect, and was deeply interesting to me, for as a neighbour and friend I had enjoyed the society of the patient for twenty years ; he was a person of great mental attainments, and had been distinguished for manly exercises ; the contrast was painful in the extreme ; his patience and fortitude never forsook him, yet the ravages that disease had made were too evident. The disorder had been in existence for several years, and had now reached its climax. For many weeks the remedies appeared to have little effect. Notwithstanding he was purged twice a week, and on the intermediate days the alterative system was adopted, he continued dyspeptic, and manifested scarcely any desire

for food. In three months he was much improved to all appearance, and then, suddenly, an attack of rheumatism seized him; his limbs became swollen, and he was confined to his bed. These paroxysms recurred frequently during the year, and were very disheartening; his friends became very anxious, and I could not conceal the fears and doubts which I entertained of his recovery. Happily the steady perseverance in the remedies and diet suggested finally prevailed, and I had the gratification of seeing a valuable member of society restored to his sphere of usefulness.

CASE XXV.

A LIEUTENANT in the Bengal Artillery arrived in England last December for the purpose of placing himself under my care. He was much emaciated, and fears for his recovery had been entertained throughout the passage,

as he appeared to be gradually declining. He was a mere skeleton; his eyes were sunken, yellow, and glassy; his skin was dry and horny; his pulse feeble and quick; his tongue loaded with a white tenacious fur; fœtor of the breath; constipated bowels, with discharges of blood, and piles; urine scanty and high-coloured; respiration hurried and quick; pain and constriction in the region of the heart, and palpitations. A more awful effect of an Indian climate upon a European constitution could not have been contemplated; great caution was therefore required in the management of so fragile a subject. I directed him to have his residence in the vicinity of London; that he should be occasionally taken out in a carriage; that his diet should consist of farinaceous food and animal jellies; all stimulants to be avoided; perfect repose and quietude; and his mind to be amused with music or reading. I then ordered enemias of mutton broth to be thrown up twice daily; and for the first month, gentle laxatives of manna and senna occasionally to be taken. He appeared

to rally under this simple plan. At the end of a month I was enabled to commence my mode of treatment. Mercurial frictions were employed for a month, every other night, over the region of the liver, until a slight degree of ptyalism was induced. During the next month I prescribed my usual alterative doses, and made slight alterations in his diet. By this time he was enabled to take exercise with but little comparative fatigue. His spirits, which had been much dejected, were improved; there were, occasionally, paroxysms of despair (a symptom I have frequently witnessed in these tropical diseases), but eventually, after a rigid attention to the rules suggested, he completely recovered, and is now sojourning with his family in Devonshire, prior to his return to India.

CASE XXVI.

A GENTLEMAN, residing at Croydon, applied to me. He was extremely emaciated; his countenance anxious and distressed, and complained of pains in the region of the stomach. I found his pulse quick and hard, the tongue coated, and fauces dry, with constant thirst; his appetite inordinate, and constantly rejecting his food; the bowels costive and irregular, seldom having relief but by medicine; the secretion clay-coloured and slimy; his urine with a red sediment and scanty; nights restless. The eyes appeared glassy, and a yellow tinge on the *tunica conjunctiva*. Indeed, a more hopeless or distressing case could not be imagined, for scarcely a redeeming symptom presenting itself. He had been gradually sinking for the last three years, and I confess my hopes of success were-but limited. His profession was an arduous one, and involved great responsibilities: this, of course, had tended much to increase his impending danger, and rendered it most imperative that some imme-

diate measures should be adopted for his safety. His life was most valuable, and deservedly prized by his amiable family, and an object of exceeding interest to a large circle of friends; indeed, I may add, to the town he had resided in for many years. My first attention was to allay the irritability of the stomach by means of hydrocyanic acid and saline purgatives, to recommend a farinaceous diet, with gentle exercise in the open air, retirement from professional duties, with change of scene.

My dietary and medical treatment were faithfully observed, yet weeks passed on without apparent benefit; but gradually the stomach became more tranquil. It was nevertheless powerfully impressed upon my mind, that all these symptoms arose from *indigestion*; and I directed my remedies to the removal of that formidable disease. I now prescribed debilitating doses of mercury, with gentle purgatives. My patient was eventually enabled to resume his accustomed exercise on horse-back, and to take a tour round the coast. The mild and alterative system of treatment was persevered in for many months, the various

grades of disease gradually assuming a milder aspect; but in spite of all these salutary measures, the most untoward symptoms frequently supervened, and required great vigilance and management to combat their effects. At length the steady perseverance in this mode of treatment triumphed, and I have had the gratification, for several years, of seeing my patient restored to health, merely requiring occasional doses to correct any little deviation. I believe no case can more fully develop this fact,—that however arduous professional duties may have been, and have impaired the general health, yet, unless organic disease has actually taken place, the attention to regimen and diet, with the mild alterative system, will prevail.

In concluding my remarks, I may mention that the gentleman here alluded to, a few days since (July, 1852), has reminded me that amidst the numerous cases described in this work, his own had been omitted; and suggested the propriety of introducing it in any future editions, under the impression that its publication might tend to benefit mankind at large.

THE foregoing cases will afford sufficient testimony of the efficacy of that mode of treatment which I have recommended, and which appears to be most calculated to alleviate the varied and distressing symptoms enumerated. And now, by way of enforcing more fully the grand object to be acquired in treating of these diseases, viz., the obtaining a due and healthy action of the digestive organs (whose derangement must be considered as forming its basis), I shall enumerate the most essential remedies.

First, The food should be proportioned to the state of the stomach, both as to quantity, quality, and frequency. “Nothing more is requisite for this purpose than to live up to the simplicity dictated by nature, which teaches us to be content with little ; to pursue the medium of holy abstemiousness and divine reason, and to accustom ourselves to eat no more than is absolutely necessary to support life ; considering that what exceeds this is disease and death, and done merely to give the palate a satisfaction which, though but momentary, brings on the body a long and lasting train of disagreeable sensations and diseases, and at length

kills the soul.”* Too much attention cannot be paid, either to the character of the food, or to the frequency and quantity; and we should always remember that the greatest and most serious ills have been produced more by repletion than inanition. Dr. Combe says, “It would be a mere waste of time to lay down any exact diet for general adoption: men differ so much from each other, and in their employments, ages, and modes of life, and the same individual differs so much at different times, even from himself, as to render any invariable rule a sheer absurdity.” After each meal, the patient should be indulged by sleeping, in a gently reclining position, as digestion goes on more rapidly when the mind as well as the body is unemployed.† The fact has been fully proved by some experiments made by the late Professor of Anatomy in the University of Cambridge, Sir Busic Harwood. He fed two spaniels, who were in high health and spirits,

* Lewis Cornaro on *Health and Longevity*.

† “Semper autem post cibum conquiescere ac neque intendere animum, neque ambulatione quamvis tenui dimoveri.”—*Celsus*, lib. i. p. 23.

with animal and farinaceous food at the same time. The one was allowed to sleep on a mat before the fire ; the other was occupied immediately after in the pursuit of game. After a lapse of five hours they were both killed. On examining the stomach of the one that had been sleeping, it was discovered to have performed its office most efficiently, while the other's was found distended with food in a crude and undigested state.

During the Peninsular war, while serving as an army surgeon, I had many opportunities of witnessing the varied effects of repletion and inanition of the stomach. Some soldiers were so ravenous at the end of their march, that they waited with the greatest impatience till their rations of food could be served out, and frequently, regardless of its condition, swallowed it hastily ; while others, whose nervous sensations of hunger were less acute, or who, desirous of having their meals in more comparative comfort, refreshed their wearied limbs, pitched their tents, and indifferent as the food frequently was, appeared to enjoy it. The former soldiers soon gave way under long-con-

tinued or harassing marches; while the latter, with the same exertions, contended against the exhaustion made on their animal powers, and were but little affected.

Walking and horse exercise must be regarded as most important objects in regulating the animal œconomy; and it has been a matter of general observation, that persons, whose duty has imposed upon them the necessity of daily walking a certain number of miles, have been less susceptible of disease, and their lives have been prolonged beyond the usual scale of human existence: while also, the Arab, whose life is passed upon "his fiery steed," bids defiance to the "warring of elements," endures fatigue without suffering, enjoys uninterrupted health, and subsists on the most precarious supply of food.

A sportsman, habituated to ease and luxury, will rise with the sun, undergo the most laborious exercise in hunting a stag, hare, or fox, for the space of half a day, not only without fatigue, but with benefit to health, owing to the amusement and hilarity which the mind enjoys; but were the same gentleman com-

pelled to go through half as much exercise which afforded no amusement, his fatigue and disgust would be insupportable. This is every day the miserable experience of men who were once engaged in the habits of industrious trade and bustle, and whose success and wealth have encouraged and enabled them to retire from business: they find life a burthen, and, not having a pleasing object to encourage exercise, they acquire a painful *ennui*, and find they have exchanged the *otia* for the *tædia vitæ*. It is here that various exercises have been suggested as *succedanea*; but, alas! they all fail, because they want the pleasurable zest. The dumb-bell is tugged, the feet and legs are dragged along the walks and avenues of a garden, but alike uselessly.*

Secondly, The biliary secretion should be correct, both as to quantity and quality; and in cases where the liver has imperfectly performed its office, the advantages of undebilitating doses of mercury must be apparent by the visible alterations in the colour of the

* Dr. Kitchener's *Art of Invigorating and Prolonging Life*.

evacuations, from having the appearance of clay, and then assuming that of wetted rhubarb, which is to be considered as one of its most healthy indications. The precise qualities of the biliary secretion have never been fully developed: some physiologists have asserted that it is intended to be mixed up with the chyme, after it has passed through the pylorus, to supply the deficient principles of the blood;* while others have given it as their opinion, that it is for the purpose of lubricating the intestinal coat, and gradually exciting its peristaltic action, as it is observed in constipated habits to be very defective:† thus much may be remarked, as the liver is the largest organ in the body, it would argue an absurdity in the animal economy not to infer that it had a most extensive and most important office to perform. It would appear presumptuous in me to offer an opinion on a subject that has

* Richerand's *Elements of Physiology*, p. 183.

† "The bile seems to be a necessary stimulus for the peristaltic motions of the intestines; for where its flow is arrested, constipation is the result."—*Müller's Physiology*, p. 556.

engrossed the attention of so many learned and eminent men; but thus much, perhaps, I may be allowed to observe, that in all cases, the gradual improvement in the secretion of the liver is accompanied by a corresponding amendment in the general health of the patient; and consequently the effecting of that improvement may be ranked as the *sine quâ non* of the medical art.

Thirdly, The evacuations from the bowels should take place regularly once in twenty-four hours. This would seem of importance to ensure a continuance of health; and must be of equal, or rather of much greater importance, when the irritating qualities of crude and undigested food, lodging in the intestinal canal, affect and obstruct the whole system; the removal of such obstructions becomes indispensable. Hence the necessity of frequent evacuants. Dr. Armstrong, in his excellent work on fevers, has proved that repeated purgatives, after violent febrile attacks, by removing all crudities, improve the secretions, and consequently increase the powers of digestion.

It may be argued, if sleep is so essential to

digestion, why avoid suppers? But I would observe, at that period nature requires rest, to compensate for the waste of the body during the exertions of the day; and it is too much to impose on the system the additional duty of digestion, instead of leaving it to its repose: independently of this, there is an increased volume of blood determined to the head by the pressure of a distended stomach on the aorta; and, as the brain is thus compressed, such a state must not only interrupt the functions of that organ in the distribution of its blood for

- the repair of different parts of the body, and, consequently, destroy that equilibrium in the circulation which is essential to the maintenance of health, but frequently occasion all the symptoms of apoplexy, and ultimately sudden death. Indeed, when this equilibrium is impaired, that organ which may be most deranged in its functions, and, consequently, predisposed to assume any improper bias, appropriates to itself the balance so lost, and becomes the seat of disorder, in proportion to the nature and extent of its office. Hence,

we often witness the baneful effects of cold occasioned by wet feet, or any check to the secretions of the skin. The part receiving the injury does not become the seat of disease, but the brain, lungs, liver, or any organ most susceptible of morbid action, becomes the object of attack. By due attention to these important points, the patients feel themselves proportionably relieved; and this is generally considered as forming the most infallible criterion of returning health.

In further animadverting on the disadvantages arising from dram-drinking, tea-drinking, and other habits, which are become so general, and prove so highly detrimental to all the nervous and muscular energy in the human frame, I cannot enforce the necessity of attending to these observations better than in the words of the celebrated Haller:—"We see thence how a weakening of the fabric, by excess of dram-drinking, tea-drinking, and lewdness, has reduced the old athletic British constitution of our ancestors to the modern puny tenuity of habit, obnoxious daily to a train of

nervous and other disorders, almost unknown to our progenitors.”*

Since the first publication of these observations, considerable light has been thrown upon the process of digestion by the experiments of Dr. Beaumont, of the United States. He had the rare opportunity of studying, during several years, the process of digestion in a man named St. Martin, who came under his care in consequence of having received a gun-shot wound, which left an opening two inches below the left mamma, in a line drawn from that part to the left spine of the ileum, which communicated with the stomach at its upper part, near the upper extremity of the great curvature, and three inches from the cardiac orifice. The borders of the opening into the stomach, which was considerable, had united, in healing, with the margins of the external wound; but the cavity of the stomach was at last cut off from the exterior by a fold of mucous membrane, which projected from the upper and back part of the opening, and closed it like a valve, but

* Mihles' *Translation of Haller's Physiological Lectures*, vol. i. p. 25.

could be pushed back by the fingers. If, while St. Martin lay on his back, pressure was made with the hand in the situation of the liver, and the body turned at the same time on the left side, bile flowed through the pylorus, and could be drawn off by an elastic gum tube introduced into the stomach: sometimes too, though rarely, bile was found mixed with the gastric juice, when the above manœuvre had been practised. Chyme was obtained from the stomach by applying the hand to the lower part of the epigastric region, and directing pressure upwards. When the stomach was full, mere pressure upon the valvular fold which closed the opening was sufficient to cause an escape of the contents. The stomach while empty could be explored to the depth of five or six inches by artificial distension. The food and drink could in this manner be seen to enter it. Dr. Beaumont has kept a complete journal of the digestive process in this man. The following Table shows the time required for the digestion of different kinds of food which were taken.

A TABLE

SHOWING THE MEAN TIME OF DIGESTION OF THE
DIFFERENT ARTICLES OF DIET.

ARTICLES OF DIET.	PREPARATION.	MEAN TIME OF CHY- MIFICATION.	
		<i>hours. min.</i>	
Rice	boiled .	1	0
Pigs' Feet, soused	boiled .	1	0
Tripe, soused	boiled .	1	0
Eggs, whipped	raw .	1	30
Trout, salmon, fresh	boiled .	1	30
Trout, salmon, fresh	fried .	1	30
Soup, barley	boiled .	1	30
Apples, sweet, mellow	raw .	1	30
Venison steak	broiled .	1	35
Brains, animal	boiled .	1	45
Sago	boiled .	1	45
Tapioca	boiled .	2	0
Barley	boiled .	2	0
Milk	boiled .	2	0
Liver, beef's, fresh	broiled .	2	0
Eggs, fresh	raw .	2	0
Cod-fish, cured dry	boiled .	2	0
Apples, sour, mellow	raw .	2	0
Cabbage, with vinegar	raw .	2	0
Milk	raw .	2	15
Eggs, fresh	roasted .	2	15
Turkey, wild	roasted .	2	18

ARTICLES OF DIET.	PREPARATION.	MEAN TIME OF CHY- MIFICATION.
		<i>hours. min.</i>
Turkey, domestic	boiled . .	2 25
Gelatine	boiled . .	2 30
Turkey, domestic	roasted . .	2 30
Goose, wild	roasted . .	2 30
Pig, sucking	roasted . .	2 30
Lamb, fresh	broiled . .	2 30
Hash, meat and vegetables . . .	warmed . .	2 30
Beans, pod	boiled . .	2 30
Cake, sponge	baked . .	2 30
Parsnips	boiled . .	2 30
Potatoes, Irish	roasted . .	2 30
Potatoes, Irish	baked . .	2 30
Cabbage, head	raw . .	2 30
Spinal marrow, animal	boiled . .	2 40
Chicken, full-grown	fricasseed . .	2 45
Custard	baked . .	2 45
Beef, with salt only	boiled . .	2 45
Apples, sour, hard	raw . .	2 50
Oysters, fresh	raw . .	2 55
Eggs, fresh	soft boiled . .	3 0
Bass, striped, fresh	broiled . .	3 0
Beef, fresh, lean, rare	roasted . .	3 0
Beef-steak	broiled . .	3 0
Pork, recently salted	raw . .	3 0
Pork, recently salted	stewed . .	3 0
Mutton, fresh	broiled . .	3 0
Mutton	boiled . .	3 0
Soup, bean	boiled . .	3 0
Chicken soup	boiled . .	3 0
Aponeurosis	boiled . .	3 0
Dumpling, apple	boiled . .	3 0
Cake, corn	baked . .	3 0
Oysters, fresh	roasted . .	3 15
Pork, recently salted	broiled . .	3 15
Pork-steak	broiled . .	3 15

ARTICLES OF DIET.	PREPARA- TION.	MEAN TIME OF CHY- MIFICATION.
		<i>hours. min.</i>
Mutton, fresh	roasted . .	3 15
Bread, corn	baked . .	3 15
Carrot, orange	boiled . .	3 15
Sausage, fresh	broiled . .	3 20
Flounder, fresh	fried . .	3 30
Catfish, fresh	fried . .	3 30
Oysters, fresh	stewed . .	3 30
Beef, fresh, lean, dry	roasted . .	3 30
Beef, with mustard, &c. . . .	boiled . .	3 30
Butter	melted . .	3 30
Cheese, old strong	raw . .	3 30
Soup, mutton	boiled . .	3 30
Oyster soup	boiled . .	3 30
Bread, wheat, fresh	baked . .	3 30
Turnips, flat	boiled . .	3 30
Potatoes, Irish	boiled . .	3 30
Eggs, fresh	hard boiled	3 30
Eggs, fresh	fried . .	3 30
Green corn and beans	boiled . .	3 45
Beets	boiled . .	3 45
Salmon, salted	boiled . .	4 0
Beef	fried . .	4 0
Veal, fresh	broiled . .	4 0
Fowls, domestic	boiled . .	4 0
Fowls, domestic	roasted . .	4 0
Ducks, domestic	roasted . .	4 0
Soup, beef, vegetable and bread .	boiled . .	4 0
Heart, animal	fried . .	4 0
Beef, old hard, salted	boiled . .	4 15
Pork, recently salted	fried . .	4 15
Soup, marrow-bones	boiled . .	4 15
Cartilage	boiled . .	4 15
Pork, recently salted	boiled . .	4 30
Veal, fresh	fried . .	4 30
Ducks, wild	roasted . .	4 30

ARTICLES OF DIET.	PREPARATION.	MEAN TIME OF CHY- MIFICATION.
		<i>hours. min.</i>
Suet, mutton	boiled .	4 30
Cabbage	boiled .	4 30
Pork, fat and lean	roasted .	5 15
Tendon	boiled .	5 30
Suet, beef, fresh	boile	5 30

THE END.

b.



